

Slow-roasted balsamic cherry tomatoes

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Preparation 10 mins | Cooking 60 mins | Serves 4

- 1 kg ripe large cherry tomatoes
- 4 garlic cloves, roughly chopped
- 2 tbs olive oil
- 1 tbs caramelised balsamic vinegar
- 3 sprigs thyme
- ½ tsp sea salt

STEP 1 Preheat oven to 140°C/120°C fan-forced. Halve half of the tomatoes. Combine garlic, oil and balsamic vinegar in a bowl. Place all the tomatoes in a single layer in a large baking dish lined with baking paper. Sprinkle with thyme and drizzle with balsamic mixture. Sprinkle with sea salt and pepper to taste. Gently toss to combine. Roast for 1 hour or until caramelised and tender.

STEP 2 Serve warm or cool and store in an airtight container in the fridge.

Serving suggestions:

- Serve with fresh-cooked pasta, drizzle with extra virgin olive oil and sprinkle with shaved parmesan cheese
- Serve with scrambled eggs or on sourdough toast with baby rocket.
- Serve with barbecued steak, chicken or fish.

Good for you... TOMATOES

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection. Provide potassium which is used by the body to balance adverse effects of the sodium in salt.

