

Slow-roasted tomatoes + great ways to serve them



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Preparation 10 mins | Cooking 1 hour | Serves 12

These tomatoes are best served at room temperature. Cook in advance and store layered between sheets of baking paper in an airtight container. Keep in the fridge and use within 1 week.

12 ripe Roma (egg) tomatoes, halved lengthways
Olive oil cooking spray
2 garlic cloves, finely chopped
1 tsp sea salt and ground black pepper
2 tsp caster sugar

STEP 1 Preheat oven to 160°C/140°C fan-forced. Place tomatoes, cut-side up, in a single layer on a baking tray lined with baking paper.

STEP 2 Spray tomatoes evenly with oil. Sprinkle with garlic, sea salt, pepper and sugar. Roast for 50 minutes to 1 hour (depending on size of tomatoes) until very tender. Turn off oven and leave to cool for 1 hour in the oven. Remove and cool to room temperature and serve.

Serving suggestions:

- Serve with scrambled or fried eggs for breakfast.
- Serve tomatoes on a split baguette topped with leg ham or turkey and salad greens.
- Sprinkle with rocket leaves and marinated feta and serve barbecued steak or lamb.

Good for you... **TOMATOES**

Tomatoes are 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.

