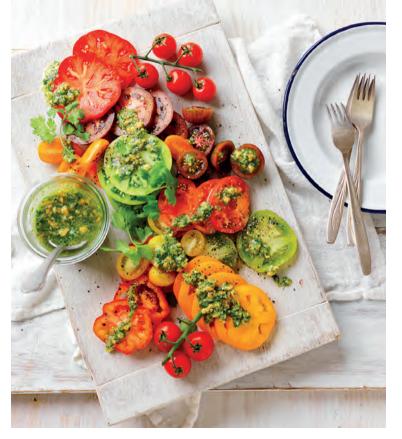


Tomatoes with coriander, green chilli, peanut & lime pesto



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Preparation 20 mins | Cooking 2 mins | Serves 4-6

This refreshing salad is perfect for hot summer days.

800g mixed ripe tomatoes (use a mix of ripe heirloom, baby and truss tomatoes) Crusty sourdough bread, to serve

Coriander, green chilli, peanut & lime pesto (makes ³/₄ cup): ¹/₃ cup salted peanuts 1 long green chilli, deseeded 2 cups coriander leaves (about 1 large bunch) 2 garlic cloves, peeled 100ml peanut oil 2 tbs lime juice $\frac{1}{2}$ tsp sesame oil 2 tsp palm sugar (or use caster sugar)

STEP 1 To make the pesto, heat a small non-stick frying pan over medium-high heat. Add peanuts and cook, tossing often for 1-2 minutes until toasted. Set aside to cool slightly. Combine chilli, coriander, garlic, oil, lime juice, sesame oil and palm sugar in a small food processor. Process until well combined. Add peanuts and season well with pepper. Pulse until peanuts are roughly chopped. Transfer to a serving jar.

STEP 2 To serve, slice tomatoes and arrange on a serving board or platter. Drizzle with the pesto and serve with crusty bread.

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.



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