



Tomatoes Stuffed with Rice, Pine Nuts, & Kefalotiri Cheese

Preparation Time: 15 mins

Cooking Time: 55-65 mins

Serves: 6

Difficulty: Medium

INGREDIENTS

6 large tomatoes
½ tspn sugar
200 ml olive oil
2 garlic cloves, finely chopped
1 medium onion, finely chopped\100g
long grain rice
200ml chicken broth/stock
25g lightly toasted pine nuts
1 tablespoon chopped mint'
1 tablespoon chopped parsley
30g finely grated Greek kefalotiri cheese
or parmesan cheese
Sea salt and freshly ground pepper

DIRECTIONS

1. Preheat oven to 350f/180c
 2. Take 2cm/0.8" off the rounded top of each tomato
 3. Scoop out pulp from inside of each tomato
 4. Roughly chop insides of tomato, saving all the juices
 5. Sprinkle inside of tomatoes and lids with salt, pepper, and sugar
 6. Closely pack the tomatoes together in a shallow oven proof dish
- Stuffing**
7. Heat 50ml olive oil in a pan (must have a lid – for later), add onion, sauté until translucent (approx. 10 minutes), then add garlic and cook for 2 minutes
 8. Add tomato pulp and juices, simmer, stirring every now and then until liquid is reduced and concentrated in flavor
 9. Stir in rice, stock/broth, and season with salt and pepper
 10. Bring to a boil, cover, and simmer for 15 minutes, at altitude more time needed. The rice should be a little undercooked
 11. Stir in roasted pine nuts, chopped mint, parsley, and grated cheese
 12. Spoon rice mixture in tomatoes, leaving some room at the top to expand, cover them with lids
 13. Pour remaining olive oil over top of tomatoes and bake for 30-40 mins.