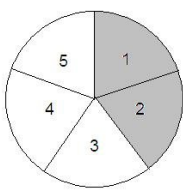


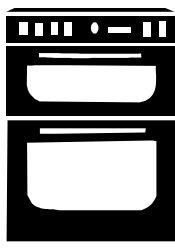
Stuffed Tomatoes

Serves 5


Portions of fruit & vegetables per serving: 2



Oven needed



Hob needed

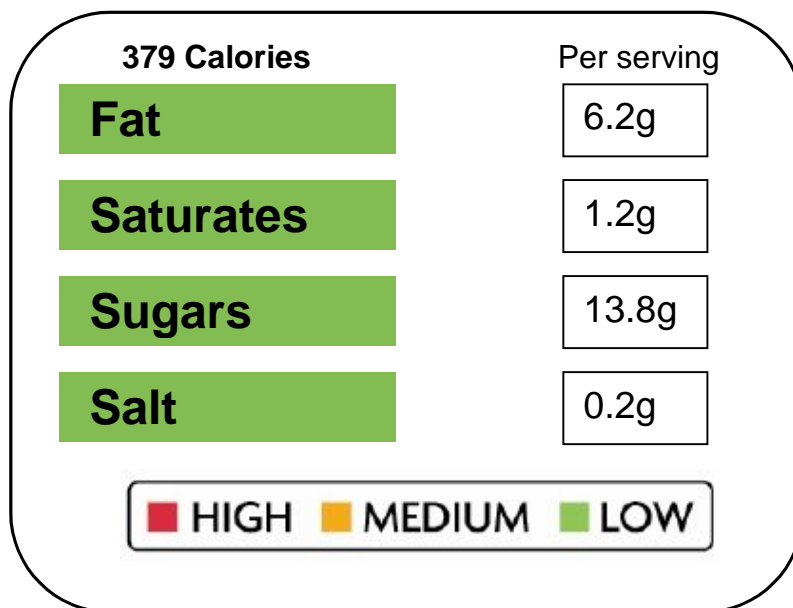


Ingredients	Amount	Preparation
large tomatoes	5	
rice	200g (7oz)	
canned chopped tomatoes (optional)	1 large can (400g/14oz)	
onion	1	chopped
sweetcorn	150g (5oz)	
peas	150g (5oz)	
turmeric	1 teaspoon	
curry powder	1 tablespoon	
olive or vegetable oil	1 dessert spoon	
water	$\frac{3}{4}$ pint (360ml)	

Please Turn Over

Method

- 1 Preheat the oven to gas mark 4 / 180°C.
- 2 Put the oil in a deep pan. Add onions, curry powder and turmeric. Fry gently for 4-5 minutes.
- 3 Add rice, 360mls of boiling water, peas and sweetcorn. Bring back to the boil and simmer for 15 minutes or until water has been absorbed stirring occasionally.
- 4 Chop tops off the tomatoes and scoop out inside with a spoon and put into bowl. Put tomato shells onto a baking tray.
- 5 When rice is cooked add the inside of tomatoes and a tin of tomatoes (optional). Spoon mixture into tomato skins, place tomato tops on top and cook for 15-20 minutes in the oven.



Handy Hints

- Serve with a main meal.
- Can be served with a jacket potato and salad.
- Use sweetcorn/peas with no added salt and sugar, and wholegrain rice, to make the dish even healthier