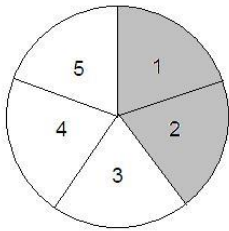


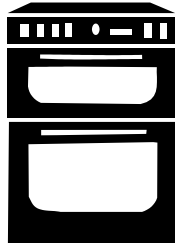
# Stuffed Tomatoes

**Serves 5**

Portions of fruit & vegetables per serving: 2



Oven needed



Hob needed



Allergen information:

Allergens are in bold.  
May contain cereals containing gluten and mustard

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

**Please Turn Over**



## Method

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

240 calories		Per serving
<b>Fat</b>	LOW	3.7g
<b>Saturates</b>	LOW	0.7g
<b>Sugars</b>	LOW	9.6g
<b>Salt</b>	LOW	0.2g

■ HIGH 
 ■ MEDIUM 
 ■ LOW

## 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.

