



Stuffed tomatoes with red rice, beans, feta and dill

Ingredients

400g Cirio Borlotti beans, rinsed, drained 640g red rice 8 large tomatoes
60g feta cheese crumbled 10g chopped dill 10g chopped parsley 10g
lemon zest 25g roasted, unsalted almonds, chopped 160g mixed salad
leaves, to serve

Preparation

1. Preheat oven to 180°C. Line a large baking tray with baking paper.
2. Cook rice in a large saucepan of boiling water following packet instructions. Drain well.
3. Meanwhile, cut the top from each tomato. Reserve the tops. Remove flesh from tomatoes, leaving a 1cm-thick border around edges. Reserve flesh.
4. Place tomatoes, cut-side down, on a plate lined with paper towel. Strain reserved flesh, discard juice. Roughly chop flesh.
5. Combine cooked rice, borlotti beans, feta, dill, parsley, lemon zest, almonds and the reserved tomato flesh. Mix well.
6. Spoon rice mixture evenly into tomatoes. Place tomatoes on prepared tray. Bake for 15 minutes.
7. Add the tomatoes to tray and bake for a further 10-15 minutes, or until veggies are tender but hold their shape. Serve with salad.

