

# Stuffed Tomatoes

Serves 2

## What you need

2 large beef tomatoes



1 yellow bell pepper



1 small onion



2 cloves Garlic



200g cooked long grain rice



1 tbsp Olive oil



1 tbsp Mixed herbs



2 tbsp of fajita spice mix



## Method

- 1. Pre-heat oven to 180°C/gas mark 4**
2. Peel and chop the onion, garlic and pepper
3. Cook the rice according to packet instructions
4. Cut the top off the tomato (keep this) and scoop out the pulp and **reserve this.**
5. In a pan, heat the oil over a medium heat and cook the onion, garlic and pepper with the tomato pulp herbs and spices. Add in the cooked rice.
6. Season the inside of the tomato and add the stuffing
7. Brush oil onto a baking tray, put the top back onto the tomatoes, place on the tray and brush with a small amount of oil
8. Bake for 25-30 minutes

*To buy all of the ingredients from Asda costs £7.77 which works out to around £2.00 per portion and you can keep the rest of the oil, herbs and spices to use in other recipes.*