Baked Stuffed Tomatoes with Hearts of Palm

Sweet baked tomatoes filled with a lemony ricotta and hearts of palm cream, finished with melted mozzarella.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 4 small tomatoes
- 2 eggs
- 200 g tinned hearts of palm (drained and chopped)
- 3 tbsp ricotta
- 1 tsp sea salt
- 1 tsp dried oregano
- 1 tbsp flat-leaf parsley (chopped)
- 2 slices mozzarella

Method

1. Heat the oven to 190°C (fan 170°C). Slice the tops off the tomatoes and scoop out the flesh and seeds with a spoon.
2. Beat the eggs, then mix in the ricotta, parsley, salt and oregano to a smooth cream.
3. Fold through the chopped hearts of palm.
4. Fill the tomatoes with the mixture, top with mozzarella and place in a baking dish.
5. Bake for about 20 minutes, until the tomatoes are soft and the cheese is golden.

Tips & swaps

- Good served warm or at room temperature.

Storage & reheating

Keeps in the fridge for 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
170	**11g**	**8g**	**10g**	**3g**

Estimated values, for guidance only. Contains: Egg, Milk.