



JERNEJ KITCHEN

RICE STUFFED TOMATOES

Rice Stuffed Tomatoes is a simple recipe for a tasty meatless meal. The baked stuffed tomatoes are juicy and flavorful, and they are a lovely meal idea.

SERVES	6	TOMATOES
PREPARATION:	10	MINUTES
COOK:	15	MINUTES
BAKE:	15	MINUTES
TOTAL TIME:	40	MINUTES

RICE STUFFED TOMATOES

- 6 large tomatoes (Lušt)
- 1 tsp salt, for tomatoes
- 1/2 onion
- 1 handful of fresh herbs (mint, basil, oregano, parsley)
- 5 dried apricots
- 2 sun-dried tomatoes
- 1 tbsp olive oil
- 2 tbsp pine nuts
- 2 garlic cloves
- 140 g (1/2 cup 2 tbsp) long grain rice
- 1/4 tsp cinnamon powder
- 1/4 tsp ras el hanout (optional)
- 1 tsp salt
- 1/4 tsp ground black pepper
- 60 g (1/3 cup) cubed Scamorza (or Mozzarella cheese)

TOOLS AND EQUIPEMENT

- paper towel
- kitchen knife
- sieve

Sponsored

PREPARE THE TOMATOES

Rinse the tomatoes under running water and pat dry with a paper towel. Cut the top of each tomato and set aside. Using a spoon, scoop the flesh of the tomato out and place it in a bowl. Place the tomatoes into an ovenproof dish. Sprinkle the tomatoes with salt and place cut-side down into a sieve. Place the sieve atop a large bowl to catch those tomato juices.

STUFFING

Chop the flesh of the tomatoes and add to a bowl. Peel and dice the onion. Chop the fresh herbs, dried apricots, and sun-dried tomatoes. Place a pan over medium heat. Add the olive oil and onion and sauté for 3 - 4 minutes. Add the apricots, sun-dried tomatoes, pine nuts, and garlic. Stir and sauté for 2 minutes. Rinse the rice under running water and add to a pan. Sauté for 2 - 3 minutes, then add the chopped tomato flesh, herbs, and spices. Pour in 80ml (1/3 cup) of water. Stir and cook for 8 minutes.

BAKE AND SERVE

Place a rack in the middle of the oven and preheat it to 200 °C / 390 °F. Stuff the tomatoes with the prepared filling. Arrange the cubed cheese on top. Pour a tablespoon of water over the stuffing and close with the tomato tops. Lightly drizzle with olive oil. Place a sheet of parchment paper on top of the tomatoes and place in the oven. Bake for 5 minutes at 200 °C / 390 °F. Remove the parchment paper and bake for 10 - 15 minutes or until the cheese is melted and bubbly. Remove from the oven, set aside a few minutes, then serve.

cutting board
bowl
ovenproof dish