

Roasted tomatoes filled with parsley and garlic rice

1 cup ten minute risotto rice
1 cup dried breadcrumbs
1 red onion, finely chopped
1 tbs chopped flat-leaf parsley
1 tbs chopped basil
1 garlic clove, finely chopped
3 tomatoes

Chopped basil leaves, grated parmesan & balsamic vinegar, to serve

1 Preheat oven 200°C fan forced. Cook rice following packet directions, transfer to a large bowl.

2 Add breadcrumbs, onion, parsley, basil, garlic and salt and pepper to the rice, stir to combine. Slice the top off the tomatoes and scoop out the seeds. Spoon risotto mixture into the tomatoes.

3 Place tomatoes and tomato tops on a tray lined with baking paper. Roast for 10 minutes, or until tomatoes are tender.

4 Place tomatoes on a plate, top with basil leaves, parmesan cheese and a drizzle of balsamic vinegar. Top with tomato tops, serve.