

Tomates Farcies à l'Agneau



Serves 4

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

400g lamb mince

6 large vine tomatoes or 12 smaller ones

1 egg

3 tbsp chopped parsley

olive oil

pepper & salt

basmati rice to serve

1. Cut the heads of the tomatoes. Make sure you leave the green ends on it. Empty the tomatoes carefully, making sure you don't pierce the skin, and reserve the pulp.
2. Mix the meat with the pulp, the egg and the parsley. Season with salt and pepper.
3. Preheat the oven 200C/ Fan 180C/ gas 6.
4. Stuff the tomatoes generously with the mixture, put their hat back on and place them in a gratin dish. Sprinkle with olive oil and bake for 20 mins, making sure the mince has cooked through thoroughly. If the tomatoes are small reduce the cooking time to 15 minutes. Serve on a bed of rice.