

Mediterranean tomatoes with a basil vinaigrette salad

(Serves 2)

Ingredients

For the Mediterranean tomatoes

- 100g Chicken Breast fillet
- 4 Tomatoes, large, beef
- 2 tsps Oil, Olive, napolini
- 100g Onions, diced
- 1 Garlic clove, crushed
- 1 tbsp Pine nuts
- 1 x 800g slice Wholemeal, medium bread
- 1 tsp Oregano, dried
- 1/4 tsp Black pepper
- 1/2-1 tsp Tabasco sauce
- 30g Mozzarella cheese, Italian
- 40g Mixed salad leaves
- 2 tsps Mixed fresh herbs
- 2 inch piece Cucumber, diced
- 40g Peppers, baby, sweet, sliced

For the Basil vinaigrette

- 1 small Garlic clove
- 1/2 cup Basil, fresh
- 2 tsps Oil, olive, extra virgin
- 2 tsps White wine vinegar
- Pinch Black pepper

Preparation

For the Mediterranean tomatoes

1. Pre-heat oven to 180°C/350°F/Gas Mark 4 (160°Fan).
2. Cook chicken breast in George Foreman type grill, according to device instructions.
3. Chop chicken into small pieces. Put to one side.
4. Slice top off each tomato & scoop out pulp & seeds.
5. Chop pulp & put to one side. Throw away tops, seeds & juice.
6. Heat oil in a non-stick frying pan.
7. Sweat onions, garlic & pine nuts for 5 minutes.
8. Grate bread into breadcrumbs. Stir in breadcrumbs & cooked chicken pieces.
9. Cook for a further 2 minutes.
10. Remove from heat. Stir in oregano & black pepper.

11. Add tomato pulp & tabasco sauce & stir well.
12. Spoon mixture back into tomato skins.
13. Top with mozzarella slices.
14. Bake on bottom shelf of oven for 20-25 minutes.
15. Put salad leaves on each serving plate leaving room for the cooked tomatoes.
16. Add herbs, cucumber & baby sweet peppers.

For the Basil vinaigrette

1. Put garlic & basil leaves into a food processor.
2. Pulse until finely chopped.
3. Add oil & white wine vinegar. Process until smooth.
4. Season with black pepper.
5. Dress the salad with the basil vinaigrette.
6. Serve with the mediterranean tomatoes.

TOP TIP: Use bread that's a few day's old or put it in fridge before using. It makes it much easier to grate.

NUTRITIONAL VALUES PER SERVING

Calories 368

Total Sugars 12.19g

Total Fats 19.16g

Saturated Fats 4.04g

Salt 0.46g

Fruit & Veg 4