

# Lamb, rice and dill stuffed tomatoes

**Serves 4**

**Preparation time: 20 minutes**

**Cooking time: 45 minutes**

## **Ingredients**

4 beef tomatoes

Pinch of sugar

4 tbsp olive oil

1 onion finely chopped

2 garlic cloves finely chopped

200g minced lamb

2 tbsp tomato purée

100g rice

100ml stock

4 tbsp chopped dill

2 tbsp chopped parsley

1 tbsp mint

## **Method**

Heat the oven to 180C/ gas mark 4. Cut the tops off the tomatoes and put to one side until later. Scoop out the pulp from the tomato carefully, so not to break the skin. Finely chop the pulp of the tomato and keep both the pulp and any juices. Sprinkle the insides of the tomatoes with a little sugar and place on a baking tray.

Heat the olive oil in a frying pan and add the chopped onion and garlic. Cook for 10 minutes, until the onion is soft but not coloured. Add the lamb and the tomato purée and fry until the meat is browned. Add the pulp and juices from the tomato, the rice, the stock and then season. Bring to the boil and then let simmer for 15 minutes or until the rice is tender and all of the liquid has been absorbed. Then stir in the chopped herbs.

Stuff the tomatoes and place the lids back on the tomatoes. Drizzle with a little olive oil and pour a little water into the baking tray. Bake for 35 minutes and serve with salad.