

Bulgur Wheat Stuffed Tomatoes

A delicious tasting vegetarian dish, that only needs a fresh salad as an accompaniment.

Tomatoes are packed with vitamins and antioxidants and by using the juices and pulp in the recipe, none of these are going to waste.

Serves 4

Preparation time: 30 minutes

Cooking time: 20 minutes

Ingredients:

- 4 Large beefsteak tomatoes
- Vegetable stock
- 100g bulgur wheat
- 1 Medium courgette, approx 150g, trimmed
- 125g closed cup mushrooms, trimmed
- Black & Gold rapeseed oil
- 4 Spring onions trimmed
- 1 Clove garlic, crushed
- 50g light soft cheese with garlic and herbs

Method:

1. Slice off the rounded end from each tomato and reserve. Using a serrated grapefruit knife and a teaspoon, scoop out the inside of the tomatoes into a sieve set over a bowl and leave the shells intact. Place the tomatoes cut side down, on a double thickness of kitchen paper to drain.
2. Press the tomato pulp through the sieve, transfer to a jug and make up to 300 ml with vegetable stock.
3. Pour this into a saucepan and bring to simmer, stir in the bulgur wheat, cover and cook for 5 minutes. Remove from the heat and allow to stand for 15 minutes.
4. Meanwhile, chop the courgette and mushrooms into small dice and chop the spring onions. Heat a medium frying pan and add a small teaspoon of Black & Gold rapeseed oil, add the courgettes and mushrooms and cook for 4-5 minutes until softened. Stir in the chopped spring onions and garlic and cook for 1 minute, stirring.
5. Heat the oven to 180C/350F/gas mark 4.
6. Fold the vegetables into the bulgur wheat with the soft cheese, spoon into the tomato shells, packing the mixture down and filling to the top. Replace the lids and brush each tomato 4 times with Black & Gold rapeseed oil.
7. Transfer to a baking dish, and bake for 20 minutes, serve with a crisp green salad.