

## **Tomatoes (Makes 2-3 portions)**

### **Ingredients**

2 medium tomatoes

### **Method**

1. Plunge the 2 tomatoes in boiling water for 30 seconds.
2. Transfer to cold water, skin & de-seed and roughly chop.
3. Melt a knob of butter in a saucepan and sauté the tomato until mushy.
4. Purée in a blender.

### **Note**

This is good combined with sweet potato, cauliflower or courgette.