

## **Filled Tomatoes – Serves 1**

### **Ingredients**

2 large tomatoes

50g parsnip, coarsely grated

1 tablespoon olive oil

Finely grated rind of ½ lemon

Large pinch of dried mixed herbs

Salt & pepper, to taste

30g Loprofin Herb Crackers, finely crushed

Oven temperature: 200°C/400°F/Gas Mark 6

### **Method**

1. Slice the tops off the tomatoes and carefully scoop out the pulp, seeds and juice. Chop the pulp and discard the seeds and juice.
2. Fry the grated parsnip in the oil for 4 minutes over a medium heat. Stir in the tomato pulp, lemon rind, herbs, seasoning and 3 tablespoons of the cracker crumbs. Reheat for 1-2 minutes, stirring.
3. Divide the filling between the tomato shells, packing the mixture well into the cavities.
4. Place the filled tomatoes in a shallow ovenproof dish, and sprinkle with the remaining cracker crumbs.
5. Bake in the preheated oven for 15 minutes, until the tomato shells are just tender. Garnish with shreds of lemon rind and serve hot.

This recipe was provided by Nutricia



*National Centre for Inherited Metabolic Disorders*

