

# Tomatoes



<b>Store</b>	At room temperature – refrigeration reduces the flavour.
<b>Prepare</b>	<ul style="list-style-type: none"> <li>• Wash and slice, quarter or halve according to the recipe.</li> <li>• To peel, cut a small circle around the core at the top of the tomato and remove.</li> <li>• Cut a small cross in the base of the tomato and plunge into boiling water for 1 minute. Remove, cool and remove skin with knife.</li> <li>• To remove seeds, cut in half and scrape out the seeds.</li> </ul>
<b>Cook</b>	<ul style="list-style-type: none"> <li>• Fry halved tomatoes in a little oil for 4 minutes, turning half way through.</li> <li>• BBQ tomato halves.</li> <li>• Roast halved tomatoes at 220° C for 30 mins.</li> <li>• Stew tomatoes to make pasta sauce or as the base for many Italian dishes.</li> </ul>
<b>Add Flavour</b>	<ul style="list-style-type: none"> <li>• Sprinkle sliced tomatoes with balsamic vinegar and black pepper.</li> <li>• Scatter fresh basil leaves over sliced tomatoes and add salt and pepper and a drizzle of olive oil.</li> </ul>
<b>Vege Up</b>	Add tomatoes to salads, sauces, soups, BBQs – all food loves tomato.

# Recipe Ideas

## Tomato, basil and asparagus penne

400g penne pasta  
 1 cup frozen peas  
 2 bunches asparagus, cooked or 2 cups baby spinach leaves uncooked  
 6 tomatoes, chopped  
 Handful fresh basil, roughly torn or chopped parsley  
 100g cheese, grated

- Cook pasta following packet directions and add peas for last 4 minutes of pasta cooking time. Drain.
- Add asparagus,(spinach), tomatoes and basil. Stir well and heat through for 2-3 minutes. Remove from heat and stir in grated cheese.
- Garnish with extra basil or parsley.

Serves: 4

