

Pomodori ripieni di riso



INGREDIENTS

4 large round tomatoes ripe and firm
2 tbs. parsley, finely chopped
1 clove garlic, finely chopped
basil, finely chopped
1 pinch of oregano
1/4 cup boiled rice
extra-virgin olive oil
1/2 cup breadcrumbs
salt
pepper

Preparation

Wash, dry and cut the tomatoes in half horizontally, remove the inside, sprinkle with salt and set them upside down over a sieve for about 30 mins.

Add parsley, garlic, basil, oregano and salt and pepper to taste to the rice. Blend all the ingredients well, and then fill the tomatoes with the mixture and level off the top with a spatula. Pre-heat the oven to 400°F. Coat the inside of a large baking pan with oil. Place the tomatoes side by side in the pan, cover the surface with breadcrumbs, and sprinkle with a small quantity of oil, and bake for about 30 mins.

Serve warm, but they are also very good served at room temperature as a side dish or antipasto