

Tomato

The most common tomatoes are round in shape, with a bright red shiny skin and red pulp and whitish seeds. The huge variety of tomatoes available has led to hundreds of uses for this versatile fruit (that's right, it's technically a fruit, rather than a vegetable).



Mansfield Fresh
Food Drive

For more information see veggycation.com.au

01 Storage

Pick from stem before use.

Veggy tip: Remove leafy tops before storing – they pull moisture from the vegetables and impact shelf life. Store at room temperature.



04 Nutrition

When eating tomatoes raw or cooked, add a little olive oil to increase absorption of carotenoids, which our bodies convert into vitamin A. Tomatoes are also high in vitamins C and E, some B vitamins and vitamin K.

02 Preparation

Wash tomatoes in cold water before use.

Slice tomatoes vertically for salads and sandwiches to prevent the juice and seeds spilling out. For stuffed tomatoes, cut them horizontally to remove the seeds and juice.

03 Use

So many uses for tomatoes: Eat raw.

Chop or slice as an addition to salads– goes especially well with avocado and spinach leaves (add a little olive oil).

Also delicious roasted.

Roasted tomato and basil tart



INGREDIENTS

- 400g tomatoes
- 1 teaspoon fresh thyme leaves
- 1 tablespoon olive oil
- 2 sheets frozen shortcrust pastry, partially thawed
- 400g fresh ricotta
- 2 eggs
- 1/2 cup fresh basil leaves
- 1/4 cup finely grated parmesan
- 2 tablespoons caramelised onion relish

METHOD

Step 1

Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.

Step 2

Quarter large tomatoes and halve medium ones. Keep small tomatoes whole. Place tomatoes, cut-side up, on prepared tray. Sprinkle with thyme. Drizzle with oil. Season with salt and pepper. Roast for 12 to 15 minutes or until just softened and lightly caramelised. Set aside to cool.

Step 3

Line base and side of a 2.5cm-deep, 11.5cm x 34cm (base), loose-based fluted tart pan with pastry. Trim excess. Refrigerate for 15 minutes. Place pan on a baking tray. Line pastry with baking paper. Fill with ceramic pie weights or uncooked rice. Bake for 10 minutes. Remove paper and weights or rice. Bake for a further 10 minutes or until light golden. Cool for 10 minutes.

Step 4

Reduce oven temperature to 180°C/160°C fan-forced. Place ricotta, eggs, basil and parmesan in a food processor. Process until well combined. Add onion and season with salt and pepper. Pulse until just combined. Spoon into pastry case. Arrange tomatoes on top. Bake for 45 to 50 minutes, covering with foil halfway through cooking, or until ricotta mixture has just set. Stand for 10 minutes then remove from pan. Serve warm or cold.

Recipe from taste.com.au