

Stuffed Tomatoes Greek Style (Yemista)



Ingredients

6-8 ripened tomatoes

500gms mince beef/lamb

1 brown onion finely chopped

1 cup rice

olive oil

2 tbsp tomato paste

Method

* Preheat oven to 190 degrees

1. Cut the tops off the tomatoes and using a spoon, scoop out the flesh of the tomatoes. You can then puree the tomato flesh for use later.

2. In a hot frypan, drizzle olive oil and fry the chopped onion until cooked.

3. Add the mince meat and cook until browned.

4. Add the tomato paste, rice and parsley and the pureed tomato and simmer for approximately 15 minutes. Add salt and pepper for seasoning.

5. Arrange the tomatoes in a deep pan and fill the tomatoes with the mince mixture. Place the top of the tomato back on top like a lid.

6. Pour water into the pan approximately 1/4 of the way up the tomatoes. Cover with foil and place in a preheated oven for approximately 45 minutes. Tomatoes are ready when soft and slightly coloured.