

Mackerel stuffed tomatoes

Serves: 6

Time

Preparation time 25–30 minutes

Cooking time 15–20 minutes

Ingredients

- 100g basmati rice (uncooked weight)
- 6 large beef tomatoes, stalks removed
- 125g tinned mackerel fillets in tomato sauce
- 1 small onion, peeled and finely chopped
- 1 egg, separated
- ½ teaspoon dried basil
- 1 red pepper (optional), deseeded and finely chopped
- pepper
- 75g low-fat cheddar cheese, grated

To serve

- toast or wheaten bread

Method

1. Preheat oven to 180°C or gas mark 4.
2. Cook rice according to instructions on packet. Drain and cool.
3. Wipe tomatoes with damp kitchen paper. Cut a very thin slice from the stalk end of the tomatoes so that they stand flat.
4. Cut a slice from the other end of the tomatoes, far enough down to be able to scoop out the centre (about 1cm down).



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5. Taking care not to pierce the outer skin, scoop out the centre, leaving a large cavity. Reserve the seeds and discard the core.
6. In a bowl, mash the mackerel fillets in tomato sauce with a fork. Add the onion, cooked rice, egg yolk, basil, red pepper (if used) and tomato seeds. Season with pepper and mix well.
7. In a separate bowl, whisk the egg white until stiff. Fold into the mackerel mixture with a metal spoon.
8. Spoon the mixture into the tomatoes, gently pressing into place with the back of the spoon.
9. Place the filled tomatoes on a very lightly greased baking tray. Sprinkle with cheese and bake for about 15–20 minutes until cheese is melted and lightly golden.
10. Garnish with parsley (optional) and serve with toast or wheaten bread.