

ROSEMARY SUN-BLUSHED TOMATOES

Slightly adapted from a Jack Williams Recipe



QUICK

About 5 mins
prep time

HEALTHY

Tomatoes are a good source of Vitamin C, Vitamin A and Lycopene – which all act as anti-oxidants in the body

FAMILY

Makes about 40
small sun-blushed
tomatoes

MEALS

This is a delicious,
addition to a salad
or pasta dish

INGREDIENTS

- 350g baby plum or cherry tomatoes
- 3 sprigs rosemary (6g)
- ¼ tsp salt
- 1 tbs olive oil

METHOD

- 1) Turn the oven onto 80°C
- 2) Remove the rosemary from the stalk and chop finely
- 3) Halve the tomatoes and place onto an oven tray
- 4) Pour the oil on top
- 5) Sprinkle with salt
- 6) Add the rosemary
- 7) Mix – then turn the tomatoes face up
- 8) Take the spilled rosemary from the tray and put it onto the tomatoes
- 9) Put into the oven for 4-5 hours
- 10) Keep checking after 4 hours as every oven is different and the tomatoes are always different.
- 11) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com