



## Stuffed Tomatoes and Roasted Vegetables

### Overview

Servings: 2

## Ingredients

### Filling:

38g Green Lentils

38g Bulgur Wheat

1/2 Shallots

10g Butter

150ml Vegetable Stock

50g Goat's Cheese or Cream Cheese

1 1/2 Tablespoons Parsley, Chopped

Sea Salt

Pepper, Freshly Ground

Sugar

### Tomatoes:

4 Tomatoes

Sea Salt

Pepper, Freshly Ground

### In addition:

1 Tablespoon Olive Oil for the dish

### Vegetables:

100g Sweet Potatoes

1/2 Potato

1 Carrots

1/2 Turnip

200g Pumpkin, e.g. Hokkaido

1 Tablespoon Olive Oil

Salt

### Sauce:

1/2 Onion

1/2 Clove Garlic

1 Tablespoon olive Oil

2 1/2 Tablespoons White Balsamic

Vinegar

1 1/2 Tablespoons Honey

50ml Cream

3 Sage Leaves, Finely Chopped

Salt

Pepper, Freshly Ground

# Methods for Tomatoes

## **Step 1**

Soak the lentils in cold water for approximately 60 minutes to soften. Drain off the water when done. Briefly rinse the bulgur wheat in a sieve.

## **Step 2**

Peel and finely dice the shallots. In a saucepan, sauté the diced shallots in butter until fragrant.

## **Step 3**

Add the lentils and bulgur wheat and sauté. Add in the vegetable stock, and cook. Stir while cooking.

## **Step 4**

Let the steam dissipate briefly from the lentils and bulgur wheat before stirring in the goat's cheese into the mixture. Add the parsley and season generously with salt, pepper and sugar.

## **Step 5**

Wash the tomatoes. Slice off the tops of the tomatoes. Carefully scoop out the flesh of the tomatoes using a teaspoon. Season the inside of the tomatoes with sea salt and pepper, and fill them with the mixture of lentils, bulgur wheat and cheese.

## **Step 6**

Add the olive oil to your slim tray. Add the filled tomatoes to the dish and cook as per setting procedure.

# Methods for Vegetables

## **Step 1**

Wash and peel the vegetables before cutting into fine slices. Distribute evenly on another slim tray, drizzle with olive oil, add salt and bake as per setting procedure.

## **Step 2**

For the sauce, finely dice the onions and garlic. Sauté the onions in olive oil. Season to taste with balsamic vinegar, honey, cream, sage, salt and pepper. Allow to boil for two minutes. Add the garlic at the end.

## **Step 3**

Pour the sauce over the roasted vegetables and serve immediately.

## Setting Procedure

Top/bottom heating

210 °C

Cooking time: 25-30 minutes