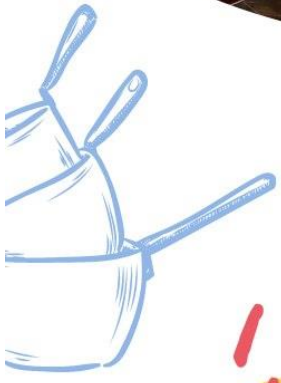
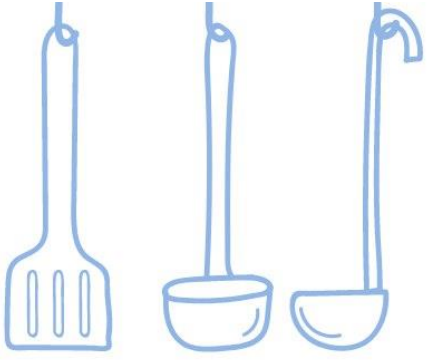


Googly-Eyed Tomatoes



**EAT THEM
TO DEFEAT THEM**







BRING IT ON TOMATOES!

Ingredients

Serves 4

8 medium/large tomatoes
8 small/medium eggs (ideally free range)

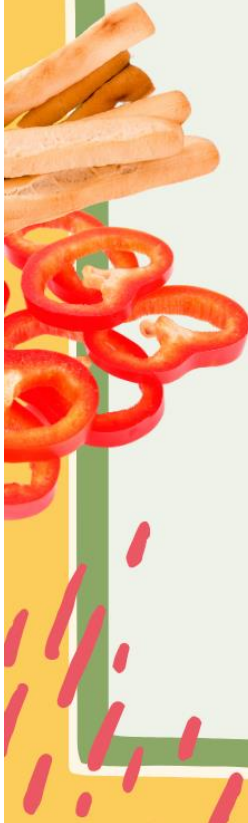
Optional extras for decorating!

Breadsticks

Pesto or chopped fresh herbs

Lettuce

Raw or cooked veggies
(cut into various shapes or grated)





BRING IT ON TOMATOES!

Method

REMEMBER! → Get a grown up to help you!

Pre-heat oven to 190°C / Gas 5

Carefully slice the top off the tomatoes and scoop out the seeds and flesh from the inside, so you just have a thick-walled tomato 'bowl', then place them on a lined baking tray.

Crack the eggs into the tomatoes (if you are nervous about it, crack them one at a time into a cup first and then slide each one into the tomatoes – don't worry if some of the white spills out onto the tray).

Bake in the pre-heated oven for about 20–25 mins, or until the tomatoes and eggs are cooked but still holding their shape.

Plop 2 'googly eyes' onto a plate for each person and let them decorate the plate to make their own funny 'face' before eating!

