



Serves: 4

Stuffed Tomato with Garlic Sauce

Ingredients

- Tomato, big 200g
- Frozen mixed vegetables 150g
- Garlic, chopped 15g
- Olive oil 2 tsp
- Cashew nut 20g
- Oyster sauce 1 tbsp
- Salt, to taste

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- Halve tomatoes and remove seeds.
- Heat olive oil, add garlic and fry until fragrant.
- Add frozen mixed vegetables, oyster sauce, cashew nuts and salt. Fry vegetables until cooked.
- Fill tomatoes with stir-fried vegetables and bake in oven at 170 °C for 10 minutes.
- Serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 109kcal
Protein 3.06g
Total fat (g and % of total calories)
5.3g (41.1%)
Saturated fat 0.9g
Cholesterol 0mg
Carbohydrate 14.0g
Dietary Fibre 2.6g
Sodium 276mg