



Stuffed Tomatoes “land and sea”



Ingredients: (4 portions)

- 4 medium tomatoes (with the green twig)
- 2 teaspoons butter
- 1 medium onion
- 4 tablespoons sugar
- 4 drops of balsamic vinegar
- 1-2 cans (depending on size) of tuna in olive oil
- 4 tablespoons of marinated mushrooms (chopped)
- 1 piquillo pepper (chopped)
- 4 tablespoons of fresh coriander (chopped)
- Mayonnaise
- 8 tablespoons pesto
- 4 tablespoons of natural almonds (not roasted)
- 2 tablespoons of extra virgin olive oil

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How to prepare:

The recipe has 4 stages: Prepare tomatoes, make the filling, make the sauce and compose the plate.

Let's go with the explanation of each stage:

A. - Prepare tomatoes:

What you need to do is peel and empty the tomatoes without breaking them, leaving a cover with a piece of green twig. To do this:

Use 2 casseroles. In the first one bring water to a boil, in the second one put ice and cold water.

With the help of a knife make a small cross in the base of each tomato (not too deep, we just want to break the skin). When the water begins to boil, introduce the tomatoes for 10 seconds. Immediately, remove them and introduce in cold water.

Now, you would be able to peel the tomatoes without difficulty. Note: Peel them try not to separate the green twig. Once peeled, cut "the cover" and empty each tomato carefully. Reserve.

2. - Make the filling:

The filling can be adapted to your convenience. I love the one I propose you but if you are vegetarian, you can always replace the tuna for rice or other veggies.

In my recipe, the filling consists in mixing in a bowl: Caramelized onions (chopped) tuna, mushrooms, pepper, coriander and mayonnaise.

Here are the steps to prepare the caramelized onions: cut the onion in thin slices and make rings. Cut each ring in half. In a frying pan, put the butter and cook the onion. Once the onion is tender, turn up the heat and add sugar stirring continuously. When it becomes caramelized, add the vinegar.

3. - To make the sauce:

If you are too lazy you can use pesto sauce but if not, I will propose an almond sauce with a base of pesto.

In a blender container add pesto, almonds and olive oil and grind them until obtain a thick paste. Reserve.

4. - Assemble the dish:

In a plate, spread a little bit of the sauce.

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With the help of your fingers, spread a little bit of pesto inside the tomato. Fill them with the filling and put the “cover” on top. Place the tomato in the middle of the plate.

Tip: if you want shiny tomatoes, spray a little bit of olive oil before serving them.

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