

# Stuffed Tomatoes With Tuna And Green Peas

*Serves 4*



## Ingredients

4	large tomatoes	2 tspn	fresh parsley (chopped)
2 tbs	pesto	2 tspn	minced garlic
4 tbs	panko (japanese bread crumbs)	1 tspn	extra virgin olive oil
200gm	tuna in brine	2 tbs	parmesan cheese (grated)
100gm	green peas (frozen)		

## Preparation

1. Core the tomatoes and scoop out the seeds and inner flesh.
2. Mix the pesto, panko, parsley, garlic, tuna and olive oil in a small mixing bowl.
3. Divide the mixture evenly among the tomatoes. Stuff the filling into the tomato.
4. Preheat oven to 170 degree, bake for 5 minutes.
5. Top each tomato with one tablespoon of grated Parmesan cheese and topped with peas.
6. Bake another 5 to 10 minutes until the cheese is brown and bubbly.  
Serve immediately.