



# LIFELINE RECIPES

August 2022



Tomatoes are in season during August and this recipe makes tomatoes the star of the show! Slow-roasting results in sweet, sticky, intensely flavoured tomatoes that are delicious in a punchy Mediterranean salad

## METHOD

Preheat the oven to gas 9, 240°C, fan 220°C. Put the tomatoes, cut-side up, on a baking tray. Season, add a pinch of sugar and drizzle with 1½ tbsp oil.

Roast for 15 mins, then reduce the oven to gas 2, 150°C, fan 130°C. Roast for 1½ hrs or until the tomatoes are charred but still juicy. Set aside to cool.

Pile the rocket onto a serving plate and scatter over the tomatoes, olives, capers, mint and pine nuts.

Drizzle with the vinegar and remaining oil. Serve with a sprinkle of black pepper.



## SLOW ROASTED TOMATO SALAD

### PREPARATION TIME:

5 mins

### COOKING TIME:

1 hr 45 mins

### SERVES:

6

### INGREDIENTS

460g sweet vine ripened tomatoes, halved

2½ tbsp extra-virgin olive oil

50g rocket

50g pitted black olives

1½ tbsp capers, drained and rinsed

10g fresh mint leaves

20g pine nuts, toasted

½ tbsp balsamic vinegar