

Stuffed tomatoes with lentils, bulgur wheat, and goat's cheese by Bosch

Ingredients | For 2 servings

Oven safe dish

Filling:

¼ cup green lentils

¼ cup bulgur wheat

1 shallot, finely chopped

2 tsp. butter

¾ cup vegetable stock

¼ cup goat's cheese or cream cheese

1 1/2 tbsp. parsley, chopped

Sea salt

Pepper, freshly ground

Sugar

Tomatoes:

4 tomatoes

Sea salt

Pepper, freshly ground

In addition:

1 tbsp. olive oil for the dish

Preparation

1.

Preheat the oven to 375°F. In a bowl, soak the lentils in cold water for approx. 60 minutes to soften them. Drain the water. Put the bulgur wheat in a sieve and rinse.

2.

Heat a saucepan and sauté the butter and shallot until lightly golden.

3.

Add the lentils and bulgur wheat to the butter and shallot mixture, and sauté. Add the vegetable stock to the pan. Cover the pan with the lid and cook for about 12-15 minutes, or until tender. Stir occasionally.

4.

Remove the lid and add the goat cheese into the lentil mixture. Add the parsley and season the filling with salt, pepper and sugar to taste.

5.

Wash the tomatoes. Cut off the tops of the tomatoes and dice them. Carefully scoop out the flesh of the tomatoes using a teaspoon. Fill the tomatoes with the lentil mixture.

6.

Coat the bottom of your oven-safe baking dish with 1 tbsp. of olive oil. Place the stuffed tomatoes to the dish and bake for 25-30 minutes, or until tomatoes are soft.