



FETA AND PARSLEY BAKED TOMATOES

with Pepper and Eggplant Tabbouleh



HELLO

BEEFSTEAK TOMATOES

Prized by farmers for their large size, these tomatoes are perfect for summer dinners!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 625



Beefsteak Tomato



Bulgur Wheat



Panko Breadcrumbs



Feta Cheese, crumbled



Parsley



Moroccan Spice Blend



Baby Eggplant



Orange Bell Pepper



Lemon



Parmesan Cheese, shredded

BUST OUT

- Measuring Cups
- Small Pot
- 2 Small Bowls
- Measuring Spoons
- 2 Baking Sheets
- Salt and Pepper
- Parchment Paper
- Olive or Canola oil

INGREDIENTS

2-person

- Beefsteak Tomato 490 g
- Bulgur Wheat 1 ½ cup
- Panko Breadcrumbs 1 ⅓ cup
- Feta Cheese, crumbled 2 ¼ cup
- Parsley 10 g
- Moroccan Spice Blend 1 tbsp
- Baby Eggplant 160 g
- Orange Bell Pepper 190 g
- Lemon 1
- Parmesan Cheese, shredded 2 ¼ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your oven to **425°F** (to roast the veggies and the tomatoes). Start prepping when your oven comes up to temperature!



1 ROAST VEGGIES Wash and dry all produce.* Cut **eggplant** into ½-inch cubes. Core, then cut **bell pepper** into ½-inch cubes. On a baking sheet, toss the **eggplant, peppers and Moroccan spice blend** with **1 tbsp oil**. Season with **salt and pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the **veggies** are tender, 22-24 min.



4 BAKE TOMATOES Meanwhile, in a small bowl, combine the **feta and parsley**. In another small bowl, combine **panko, Parmesan and 2 tbsp oil**. Season with **salt and pepper**. On a parchment-lined baking sheet, arrange **tomato slices**. Sprinkle each slice with the **feta mixture**, then sprinkle with **panko topping**. Bake on top rack of oven, until the **tomatoes** soften and **topping** is lightly golden, 12-14 min.



2 PREP Meanwhile, in a small pot add **¾ cup water** and **½ tsp salt**. Cover and bring to a boil. Meanwhile, cut the **tomatoes** lengthwise into **three** equal slices. Roughly chop the **parsley**. Juice **half the lemon**, then cut the **remaining lemon** into wedges.



5 FINISH TABBOULEH Fluff the **bulgur** with a fork, then stir in **1 tbsp lemon juice** and **roasted veggies**. Season with **salt and pepper**.



3 COOK BULGUR Add the **bulgur** to the small pot with the **boiling water**. Remove the pot from the heat (still covered) and let stand until the **bulgur** is tender and **water** has been absorbed, 15-16 min.



6 FINISH AND SERVE Divide the **tabbouleh** between plates. Top with the **tomato slices**. Squeeze over a **lemon wedge**, if desired. (**TIP:** The **tomato slices** will be very hot. Let them rest on the baking sheet until slightly cooled, 2-3 min, before serving!)

SNAPSHOT

These golden baked tomatoes are oh so Insta-worthy!