

MEET

# TOMMY TOMATO

Tommy contains vitamin A that helps your bones grow. He also makes a flavourful baked stuffed tomato.

## Baked Stuffed Tomato

### Ingredients

- 2 big tomato
- 1 clove garlic, minced
- 120g minced chicken
- 1 tbsp parmesan cheese, shredded
- 1 stalk spring onion
- 1 tsp mixed herbs
- 1 tsp sesame oil
- 1 tsp sunflower oil
- Salt and pepper to taste

### Steps

1. Preheat oven to 180°C
2. Cut a thin slice off the top of each tomato
3. Scoop out pulp into a bowl
4. Place tomato shells on the tray with parchment paper and set aside
5. In another bowl, marinate chicken with sesame oil, garlic, spring onion and herbs. Season with salt and pepper
6. In a pan over medium heat, add oil and stir fry chicken until almost cooked
7. Remove from heat and scoop chicken into the tomato shells
8. Top with cheese and bake for 8 minutes
9. Serve and enjoy warm!



Watch **step-by-step**  
video demonstration



Nutrition Facts  
Supported by



Recipe  
Developed by



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