



## Ingredients 6 Portions

♦ = Kotányi Produkte

6	Large tomatoes
1	Zucchini
150 g	Short-grain rice
2 tbsp	Olive oil
1	Red onion
1	Garlic clove
1	Potato, grated
1 tbsp	Tomato paste
1 tsp	♦ Basil, Crushed
1 tsp	♦ Oregano, Crushed
1 tsp	♦ Thyme, Crushed
	Salt and pepper, to taste

# Greek Stuffed Tomatoes – Gemista

⌚ 60–65 Min ♡ ♡ ♡

## Preparation

- 1 Slice off the tops of the tomatoes (to use as lids) and carefully scoop out the insides with a spoon. Cut the zucchini into 5–7 cm pieces and hollow them out as well. Sprinkle the inside of the tomatoes and zucchini with salt and turn them upside down to release excess liquid. Dice the scooped-out tomato and zucchini flesh.
- 2 In a pan, sauté chopped onion and garlic in olive oil until softened. Add the grated potato, rice, tomato paste, and diced tomato and zucchini flesh. Cook for 5 minutes while stirring, then add the herbs, salt, and pepper, and cook for another 5 minutes.
- 3 Preheat the oven to 180°C. Arrange the tomatoes and zucchini in a baking dish and fill them with the rice and vegetable mixture. Place the tomato tops back on, drizzle everything with a bit of olive oil and water. Cover the dish with aluminum foil and bake for 40 minutes. Remove the foil and bake for an additional 15 minutes, until golden.

