



bursting tomato gratin
with Prawns

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Serves 4

Ingredients

- 1 large egg
- 1 cup (250 ml) cream
- 1 tbsp. (15 g) all purpose flour
- 5 oz. (140 g) cream cheese, softened
- 1 ½ tbsp. (23 g) fresh rosemary
- ¼ tsp. (2 g) ground black pepper
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 lb (454 g) Paysanne cocktail tomatoes
- ¼ cup (63 g) fine dried bread crumbs
- 2 tbsp. (30 g) fresh grated Parmesan cheese
- 1 clove garlic, diced
- 16 pcs. (26/30) shrimp, peeled and deveined
- Salt to taste

Method

1. Preheat oven to 425°F/220°C.
2. In a small mixing bowl, beat the egg, cream and flour and mash in the softened cream cheese, ½ tbsp. (8 g) rosemary and pepper. Beat until mixture is well combined and creamy. If the mix is too thick, blend in more cream.
3. In a separate bowl, mix ½ tbsp. (8 g) rosemary with 1 tbsp. (15 ml) of olive oil and pour into a small shallow baking dish.
4. In a separate mixing bowl, combine and marinate the shrimp, garlic, ½ tbsp. (8 g) rosemary and olive oil to coat.
5. Place the Paysanne tomatoes in a small shallow baking dish and coat tomatoes with ½ tbsp. (8 ml) olive oil; then add the marinated shrimp on top.
6. Mix the bread crumbs, Parmesan cheese, garlic, salt and pepper. Sprinkle half the mixture over the Paysanne tomatoes and shrimp.
7. Spoon the cheese mixture over the tomatoes, shrimp and crumbs. Spread evenly. Sprinkle the remaining bread crumb mixture and olive oil on top.
8. Bake for 15 minutes or until golden brown.
9. Slice and serve hot.

Nutritional Facts per serving (150 g): Calories 250

Fat 18 g (28 %), Saturated Fat 11 g + Trans Fat 0 g (55 %), Cholesterol 75 mg, Sodium 700 mg (29 %), Carbohydrate 6 g (2 %), Fiber 1 g (4 %), Sugars 3 g, Protein 17 g, Vit A (15 %), Vit C (100 %), Calcium (40 %), Iron (4 %).
% = % Daily Value.