

Quick, Easy and Tasty Tomatoes with Avocado

This is a quick meal I make when either we don't have much shopping in (as we always have some tinned tomatoes and dried herbs in the cupboard) or I don't have much time. It's all made in one roasting dish too so only one thing to wash up – bonus!

Serves 2 large portions

- 2 tins of organic cherry tomatoes (or any chopped tomatoes)
- 1 garlic clove, crushed
- 1 red onion, sliced thinly
- 1 jar of roasted peppers in olive oil, drained and sliced
- 1 teaspoon of paprika
- 1 teaspoon chilli flakes - optional
- 1 large ripe avocado, peeled and sliced
- 2 tablespoons of balsamic vinegar (plus a splash more to drizzle over at the end)

Preheat the oven to 150°C

This couldn't be easier. Just put everything, except the avocado, into the roasting pan and mix well so that everything gets coated in the spices and the vinegar gets mixed in. Cook uncovered for approx. 35mins. This will reduce down so that you have a delicious, thick spicy tomato dish.

Serve this with sliced avocado on top and a small drizzle of balsamic. Lovely as it is but you could also add a poached egg which would make this meal perfect in my book!