



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# TOMATOES

## AVAILABLE

New Zealand tomatoes: September-April.  
Imported tomatoes: May-August.

## STORE

At room temperature, out of direct sunlight.  
Only store in fridge if overripe. Storing in the fridge can reduce tomatoes' flavour.

## EAT

Raw or cooked.

## PREPARE

1. Wash.
2. Cut as required.

\*Handy Hint: To remove skin, cut a cross on the bottom of tomato and cover it in boiling water for 1 minute. Drain the water. Peel the skin.

## COOK

**Bake:** In preheated oven at 200°C. Cut tomatoes in half crosswise. Drizzle with olive oil. Place on baking tray with cut side up. 30 minutes.

**Grill:** On high. Cut tomatoes in half crosswise. 3-5 minutes.

## AVOID WASTE

Freeze pasta sauce in meal sized containers.

## TASTY IDEAS

- Add to salads and sandwiches.
- Combine with sliced red onion and diced feta for a tasty quick salad.
- Add to pizza, pasta, stews, and soups.
- Make sauces or chutneys.
- Make pizza/pasta sauce. Saute 1 clove chopped garlic and 1 sliced onion. Chop 1kg tomatoes. Add to onion and garlic with a selection of herbs (e.g. parsley stalks, marjoram). Simmer for twenty minutes. Discard herbs. Blend with stick blender or mash to desired consistency.

**Flavour matches:** basil, parsley, marjoram, balsamic vinegar, garlic, chilli, ginger, olives, anchovies