

THE FLEXITARIAN COOK

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Roasted Tomatoes with Panko*

2 plum tomatoes per person, halved lengthwise

Extra virgin olive oil

Sea salt

Freshly ground black pepper

A few sprigs or fresh thyme (or a sprinkle of dry)

2 or 3 Tbsp of panko bread crumbs

Grated parmesan (optional)

Place the tomatoes in a shallow, oven-safe dish. Drizzle with oil, season with salt and pepper. Sprinkle with thyme. Place in a 300° oven for approximately one hour. The tomatoes should start to caramelize (not burn) at the bottom. While the tomatoes are cooking, mix together the panko with a spoonful of parmesan (if using) and a little bit of olive oil. Mix well. About 10 mn before the tomatoes are done, sprinkle them with the panko mixture. Turn the oven to broil and remove when the breadcrumbs turn golden.