



Tomato Maglouba

Ingredients

- 10 Mediums Tomatoes, diced
- 600 g Minced lamb
- 1 Sachet MAGGI® Powder Seasoning
- 1 Small Onions, finely chopped
- 1 Medium Green bell pepper, chopped
- 3 tbsp Coriander leaves, chopped
- 2 cups Egyptian rice
- 1 piece Cinnamon stick
- 4 cups Water
- 5 tbsp Almonds

Instruction

1. Using a paring knife, cut a small circle on top of each tomato and remove the stem. With a small spoon, hollow the tomato taking care not to cut the body. Reserve the flesh and chop if too large.
2. In a mixing bowl, combine minced meat, MAGGI® Powder Seasoning, onions, coriander and the flesh from the tomato and mix until all ingredients are well incorporated.
3. Carefully spoon the meat mixture inside each tomato and arrange stuffed tomatoes on the bottom of a nonstick rice pot with the opening facing up.
4. Pour rice over the tomatoes and add cinnamon stick over the rice, pour water over top and bring to a boil.
5. Cover and simmer over medium-low heat until rice is fully cooked (about 60 mins).
6. Meanwhile, roast almonds in a greased pan until slightly golden.
7. To serve, remove pot from heat and remove cover to allow the hot steam to evaporate.
8. Place a serving platter over the opening of the pot, carefully in one motion flip the pot content on to the platter. Garnish with roasted almonds.

Nutrition

Carbohydrates	65.34 g
Energy	618.45 kcal
Fats	28.43 g
Protein	24.83 g

🕒 40 Minutes

⊕ 6 Servings