

Look out tomatoes, we've got our eyes on you... for dinner!

GOOGLY-EYED TOMATOES

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The Super Yummy Kitchen
Charlotte



YOU WILL NEED

Tick off the ingredients as you get them

- 8 medium to large tomatoes
- 8 small/medium eggs (ideally free range)

Optional extras for decorating, like:

- Breadsticks, lettuce, pesto or fresh chopped herbs, raw or cooked veggies grated or cut into various shapes

Serves: 4



1

Slice the top off the tomatoes carefully.

2

Scoop out the seeds and flesh on the inside, so you just have a thick-walled tomato 'bowl'. Then place them on a lined baking tray.



3

EGG CRACKING

Crack the eggs into the tomatoes. (If you are nervous about it, crack them one at a time into a cup first and then slide each one into the tomatoes).



GLOOP

4

Bake in an oven preheated to 190C/ Gas 5 for about 20-25 minutes, or until the tomatoes and eggs are cooked, but still holding their shape.



BOOM!

5

Plop two googly-eyed tomatoes carefully onto a plate for each person. Then let them decorate the plate to make their own funny food face!



6

Sploodge your spoon or fork in and tuck into the best googly-eyed tomatoes the world has ever seen!



THE END!

#EatThemToDefeatThem
SHARE YOUR GOOGLY-EYED CREATIONS

KIDS IN THE KITCHEN

- Give kids a spoon to help you scoop out the insides of the tomatoes.
- Help kids to crack the eggs carefully into a cup one at a time and pour into the tomatoes.
- Let them have fun decorating their plates!

POWER UP

Don't waste the inside of the tomatoes – this is tomato spawn and the best thing to do is to slurp it up raw!

EAT THEM TO DEFEAT THEM