



## White Bean Stuffed Tomatoes

with Panko & Parmesan



30-40min



2 Servings

Stuffed tomatoes with a crispy Parmesan topping make for a terrific vegetarian meal. You'll use the tomato juices and insides to make a flavorful filling bulked up with creamy cannellini beans and tender couscous. Fresh oregano has an intense herbaceous perfume that pairs perfectly with the Mediterranean flavors of this dish. Cook, relax, and enjoy!



## What we send

- beefsteak tomatoes
- large cloves garlic
- cannellini beans
- fresh oregano
- scallions

## What you need

### Tools

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 550.0kcal, Fat 22.0g, Proteins 23.9g, Carbs 56.6g



### 1. Prep tomatoes

Preheat oven to 450°F. Using a sharp knife (preferably serrated), cut top ¼-inch from tomatoes, just below stem. Working over a bowl, use a spoon to scoop out insides from tomato, leaving about ¼-inch wall all the way around. Place tomatoes on a rimmed baking sheet, drizzle with oil, and season with salt and pepper.



### 2. Prep remaining ingredient

Scoop tomato flesh out of bowl onto a cutting board; reserve juices. Roughly chop tomato pulp. Trim stems from scallions and thinly slice, separating whites and dark greens. Peel and finely chop garlic. Drain and rinse beans. Pick oregano leaves from stems and roughly chop.



### 3. Make filling

Heat 1 tablespoon oil in a large skillet over medium-high. Add scallion whites and garlic and cook, stirring, until softened, about 1 minute. Add beans, season with salt and pepper, and toss to combine.



### 4. Finish filling

Add tomatoes and tomato juices to skillet and cook, stirring occasionally, until liquid is almost reduced, about 5 minutes. Transfer to a bowl and add couscous and oregano. Grate Parmesan. Reserve ¼ cup Parmesan and add the rest to the bean mixture; season with salt and pepper and toss to combine.



### 5. Make topping

Toss panko with reserved ¼ cup Parmesan and 1 tablespoon oil; season with salt and pepper and toss to combine. Fill tomatoes with bean mixture and top with panko mixture.



### 6. Bake tomatoes

Transfer tomatoes to oven and bake until tops are golden brown, 8-10 minutes. Top with reserved scallion greens. Enjoy!