

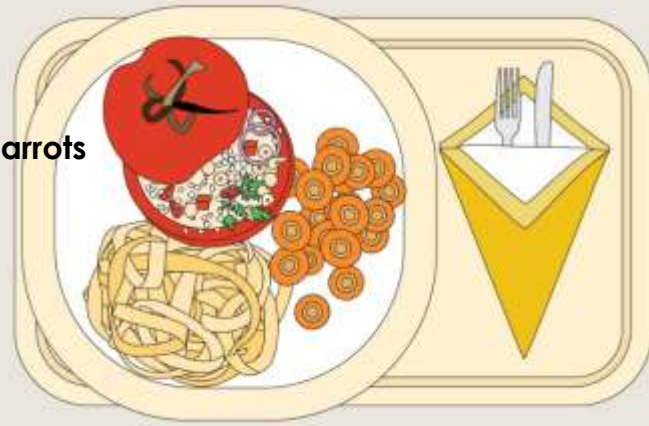
## Stuffed Tomato with Cottage Cheese, Pasta & Carrots

Serves 4

Approximate preparation time: 20-30 minutes



VEGETARIAN



Quantity	Ingredients	Preparation
<b>Stuffed tomato with cottage cheese</b>		
100 g	cottage cheese	Soak the chickpeas one day in advance. Cook chickpeas in unsalted water until soft. Drain, rinse and puree with olive oil (it does not need to be smooth). Halve the tomatoes and remove the seeds with a spoon and set aside. Peel onion and garlic and chop finely. Mix the cottage cheese, breadcrumbs, garlic, hummus and tomato seeds, and season to taste. Season the tomato halves lightly and fill with the mixture. Bake in the oven at 160 °C for about 15 minutes.
110 g	chickpeas	
1 tsp	salt	
50 g	bread crumbs	
2 pinches	pepper	
2 cloves	garlic	
3 tbsp	olive oil	
500 g	tomatoes	
<b>Pasta</b>		
1 tbsp	butter	Cook the noodles until al dente in salted water. Drain and mix in the butter.
3 g	salt	
300 g	pasta	
<b>Glazed carrots</b>		
340g	carrots	Prepare carrots and onion, then cut into slices. Sauté in olive oil and sugar, season and deglaze with water. Steam over a medium heat with the lid closed until soft.
1 tbsp	butter	
1 small	onion	
1 tsp	sugar	

**Fun fact:** Choose whole-grain pasta because it contains more dietary fibre, which is good for your health.