



AQUA BAD CORTINA

1780

BIOHOTEL & THERMAL BATHS

La fontana de forza.

Biokiste®
SÜDTIROL

Culinary inspiration of the month: July Stuffed Oxheart Tomatoes

Zutaten für 4 Portionen:

8 oxheart tomatoes

2 onions

2 garlic cloves

350 g feta cheese

600 g mixed minced meat
(beef & pork)

Oil, salt, pepper

Preparation time:
approx. 40 minutes



Preparation:

Cut off the tops of the oxheart tomatoes and hollow them out with a spoon, removing the pulp and inner parts without damaging the outer walls. Place them upside down on paper towels to drain.

Finely chop the tomato pulp and let it drain well. Preheat the oven to 220 °C. Chop the onion and garlic.

Sauté the minced meat with the onion in a little oil, then add the garlic. Stir in the tomato pulp and cook for a few minutes. Season with salt and pepper.

Crumble the feta and mix it into the meat and tomato mixture. Fill the tomatoes with the stuffing and close them with their “lids”. Bake in the oven for about 20 minutes.

Enjoy your meal!
Sandra, Nicol and the ABC family
and BIODI South Tyrol