

Baked Lemon & Tomato Salad

Servings: 2

Prep Time: 10min

Cook Time: 20min



Ingredients

For the lemon and tomato salad you'll need

- 2 lemons, skin on, thinly sliced and halved
- boiling water
- 3ml sugar
- pinch of salt
- 15ml olive oil
- 400g mixed baby tomatoes, halved if preferred
- salt and pepper
- ½ red onion, thinly sliced

- 10g each chopped fresh parsley and mint leaves
- a few pomegranate seeds (optional)

For the dressing you'll need

- 15ml honey
- 10ml lemon juice
- 15ml olive oil

Directions

1. Preheat the oven to 160 °C.
2. Lemon and tomato salad: Cover the lemon slices with boiling water and set aside for 2 minutes. Drain.
3. Arrange the lemon slices on a baking sheet, sprinkle the sugar, salt & olive oil over & bake for about 20 minutes. Or until slightly dried. Allow to cool.
4. Mix the rest of the salad ingredients in a bowl and add the baked lemon slices.
5. Dressing: Mix the ingredients and pour over the salad.