

ITALIAN PAN FRIED TOMATOES



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plums Tomatoes (Sliced lengthwise)	8	Salt	¼ Tsp.
Olive Oil	1 Tbsp.	Garlic Cloves, Minced	2
Oregano	1 Tsp.	Rosemary Sprigs (Leaves removed and chopped)	2
Basil	1 Tsp.	Fresh Basil, Chopped (For garnish)	



PREPARATION

- ✔ Heat olive oil in a large pan over medium heat.
- ✔ Add minced garlic and chopped rosemary, sautéing for 1 minute until fragrant.
- ✔ Place the sliced tomatoes in the pan, cut side down. Cook for 3-4 minutes until lightly browned.
- ✔ Flip the tomatoes, sprinkle with oregano, basil, and salt. Cook for another 2-3 minutes.
- ✔ Remove from heat and garnish with fresh basil.
- ✔ Serve warm and enjoy!