



# Spiced Baked Tomatoes with Crispy Bacon

Tomatoes are packed with antioxidants, including Vitamins A and C and anti-cancer agent lycopene so what a great way to start the day! The use of chilli flakes is optional - but a great wake up for the taste buds.

## INGREDIENTS

3 large vine-ripened tomatoes  
dried chilli flakes  
2 tsp Canderel granules  
3 tsp olive oil  
4 rashers lean, thinly sliced back bacon  
freshly ground black pepper

## BEFORE YOU BEGIN

Serves  
2

Time  
preparation: 10 minutes  
cooking: 15 minutes

Per serving  
180kcal

Difficulty level



## STEP BY STEP

- 1 Heat the oven to 200C/gas 6.
- 2 Halve the tomatoes and place on a small baking tray, cut side up. Add a sprinkling of chilli flakes, according to taste then sprinkle over the Canderel, drizzle over the oil and season with black pepper. Bake for 12-15 minutes.
- 3 Meanwhile heat the grill and cook the bacon until crispy.
- 4 Transfer the tomatoes to a serving plate and top with the crispy bacon. Serve with wholemeal toast.