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Cherry Tomatoes Clafoutis



Ingredients

For this recipe you will need

750 g cherry tomatoes,
1 big spoon fresh oregano,
4 eggs, 60 g whole wheat flour,
60g white flour,
60 g grated parmesan cheese,
30 cl low fat or skimmed milk,
chives,
2 tablespoon olive oil,
1 teaspoon salt and pepper.

Preparation

- 1 First pre heat the oven 7 (210*).
- 2 Clean your cherry tomatoes and grilled them a bit into a pan with olive oil for up to 5 min.
- 3 Place them in a tin.
- 4 Beat eggs with flower and salt.
- 5 Stir the milk into the batter with parmesan cheese, oregano and scatter with chives.
- 6 Pour the batter on the tomatoes and cook in the oven for 25 min.
- 7 Adjust when cooked with pepper.
- 8 This great clafoutis can be served hot or cold with a fresh lamb's lettuce and its raspberry vinaigrette.

Cooks Note

Recipe for 4 persons:

Per person Kcal: 355

18,45 proteins

33,45 carb

16,40 fat

If you're in the mood add a sprinkle of sliced black olives to garnish.
