

Mighty Lamb Tomatoes

Ingredients

- 225 g (8 oz) lean Scotch minced Lamb
- 8 firm beef tomatoes
- 1 small onion, chopped
- 5 tbsp long grain rice
- 2 tbsp sultanas
- 2 tbsp pine nuts
- 2 tbsp freshly chopped mint
- 2 tbsp freshly chopped dill or parsley
- Freshly ground black pepper



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