



Roasted Cherry Tomatoes with Fennel Seeds

10'
Hands on

2 hours'
Hands off

20'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 500 g cherry tomatoes
- 2 tablespoon(s) olive oil
- 1 tablespoon(s) granulated sugar
- 1 tablespoon(s) fennel seeds
- pepper
- 1 vanilla pod

Διατροφικός πίνακας

Nutrition information per portion

222 Calories (kcal)	14.0 Total Fat (g)	2.1 Saturated Fat (g)	16.0 Total Carbs (g)
11%	20%	11%	6%
15.0 Sugars (g)	3.1 Protein (g)	4.4 Fibre (g)	0.03 Sodium (g)
17%	6%	18%	0%

Method

- Preheat oven to 190* C (370* F) Fan.
- In a bowl add the olive oil, sugar, pepper and fennel seeds. Cut the cherry tomatoes in half and add them to the bowl. Toss to coat and let them marinate for 2 hours.
- Slice the vanilla bean in half. Use a small knife to scrape up the seeds and add to the marinade.
- Line a baking sheet with parchment paper.
- Carefully transfer the marinated cherry tomatoes to the baking sheet.
- Roast for 20 minutes.
- Serve immediately.

Tip

Do not roast the cherry tomatoes in the oven longer than necessary or they will soften too much and fall apart!