



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# TOMATO & WHITE ANCHOVY

**Time: 20 minutes**

**Serves: 4**

### **Ingredients:**

4 cups cocktail tomatoes – quartered  
1 teaspoon kosher salt  
¼ cup basil – chiffonade  
1 tablespoon balsamic vinegar  
1 pinch fresh ground black pepper  
12 white anchovy filets  
3 tablespoons parmesan cheese - flaked

### **Preparation:**

Place the quartered tomatoes in a colander and sprinkle with salt. Let drain for fifteen minutes, tossing occasionally.

In a suitable bowl, toss the tomatoes with the basil, vinegar, pepper and anchovy filets.

Plate topped with the parmesan flakes.

### **Nutritional Information Per Serving:**

Calories: 68  
Fat: 3g  
Carbs: 6g  
Fibre: 2g  
Protein: 6g