



Adult upgrade: prepare a large salad with a lemon vinaigrette to serve with the lasagne. If you want a slightly lighter and fresher version, you can replace half of the crème fraîche with yogurt.

Stuffed rainbow tomatoes

Serves 6-8

Saving the tomato pulp and seeds and adding them directly to the boiling rice gives it a fabulous flavour.

- 200g red or black rice
- 500ml vegetable stock or water
- ½ tsp sea salt
- 1.5kg mixed tomatoes with stems, preferably heirloom
- 300g feta or tofu, crumbled
- ½ x 400g tin black beans, rinsed and drained
- 75g raisins
- 2 tsp ground cinnamon
- olive oil, to brush

To serve

- Greek yogurt
- mint leaves, roughly chopped

Preheat the oven to 200C/180C fan/gas mark 6 and grease or line a baking tray.

Put the rice, stock or water and salt in a medium-sized lidded saucepan, bring to the boil, then reduce the heat and simmer with the lid on for 30 minutes, or until the rice is cooked and most of the water has been absorbed.

While the rice is cooking, cut off and reserve the caps from the tomatoes and cut out and discard the hard white cores. Scoop out the pulp and seeds, add them to the pan of simmering rice and transfer the tomatoes to the tray, cut-side up, along with the caps. When the rice is cooked, remove from the heat and set aside for 10 minutes with the lid on, before fluffing up with a fork. Add the rest of the ingredients, except the oil, to the pan and stir together.

Fill up the tomatoes with the stuffing, top them with the caps and brush with the oil. Bake for 15 minutes, or until the tomatoes are lightly browned and cooked. Once cooked, remove from the oven and top with a dollop of yogurt and some fresh mint. Serve immediately.

Adult upgrade: serve with a hefty amount of salad leaves.

Drink me Portuguese potential

Hamish Anderson



Portugal's wines – so diverse, from cool, damp Minho in the north to the hot vineyards of Alentejo in the south, and Madeira's fortifieds – have always been loved by sommeliers and independent wine merchants. But now big retailers are starting to look beyond the obvious candidates of port, vinho verde and, if you are over a certain age, the distinctive flask-shaped rosé Mateus. I was impressed by the value options shown at the latest Aldi tasting (see below). Previously, regions producing fabulous unfortified wines – Dão, Bairrada and Alentejo – were little-known by consumers; Portugal's local grapes, too, have travelled little and, just to compound matters, many have names that are a struggle to pronounce. Independents can explain these details and use unfamiliarity as a selling point; in larger supermarkets more unusual listings have been small, but many now offer a broader range that represents the country's diversity. If you're prepared to branch out further to the likes of The Wine Society or Tanners, you'll find even more choice.

2017 GYM, Dão, £5.69, Aldi

As is the case whenever Aldi gets it right, this is remarkable value. It is a true expression of Dão's vineyards. Slightly burly, but with a lovely core of brambly fruit with plum, leather and pepper.

2014 Vinha do Mouro Tinto, Quinta do Mouro, Alentejo, £14.99, The Oxford Wine Company

A blend of trincadeira,

aragonez, Alicante bouschet and cabernet sauvignon from one of Alentejo's benchmark estates, with strawberry, plum and pepper.

2017 Redoma Branco, Niepoort, Douro Valley, £21, Tanners

The surprise in the Douro, which can get very hot, is that it can produce such fresh whites. This rivals great white burgundy, with savoury texture, peach, citrus flowers and ginger.