



---

## HOW TO USE TOMATO PASTE

*What is tomato paste and how to use it?*

*Tomato paste holds some serious flavour! Tomato paste is concentrated tomatoes - tomatoes that have been cooked down, then had the seeds and skins strained out, and then cooked down some more until it becomes super dense and paste like. As is the case for most concentrated ingredients, a little can go a long way!*

Go to [medifoods.co.nz](https://medifoods.co.nz) and sign up to our [Foodclub](#) for more recipes and special offers!

---

## HOW TO USE TOMATO PASTE

---



### WHISK IT INTO SALAD DRESSING

Just like in a marinade, tomato paste adds extra sweetness and bright acidity to vinaigrettes. Try it with olive oil, balsamic vinegar and garlic.

### USE IT IN A MARINADE

There are two reasons why you should: The sweetness in the tomato allows you to add less of other sweeteners like honey or sugar. Plus, the tomato's acidity will make your meat more tender.

### ADD IT TO SOUP

Add the paste at the same time as your broth so it has time to meld with the other ingredients.

### STIR IT INTO SCRAMBLED EGGS

Whisk a spoonful of tomato paste into beaten eggs before scrambling

### ITALIAN BEANS ON TOAST

For a fast, satisfying dinner when the fridge is almost empty, try this: Sauté canned white beans or chickpeas in olive oil with diced onion, chopped garlic, and a spoonful of tomato paste until the mixture is thick and fragrant. Spoon onto wholegrain toast, and top with chopped fresh herbs or a sprinkle of Parmesan cheese.



WE WOULD LOVE TO SEE THE RESULTS!  
SHARE YOUR DISH AND TAG US!

**MEDIFOODS**.CO.NZ