

Grilled Tomatoes

Smoky grilled tomatoes with olive oil and herbs. Perfect side dish for summer BBQs, pasta, and salads. Ready in 25 minutes!

15 min

PREP

10 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Grilled Tomatoes

Ingredients

- 6 tomato
- 1 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the tomatoes**

Preheat your grill or grill pan to medium-high heat (200°C/400°F). Cut 6 large tomatoes in half horizontally through the middle.
- 2** Combine 1 tablespoon olive oil, 1 teaspoon salt, and 1 teaspoon black pepper in a small bowl. Brush the cut surfaces of all tomato halves generously with this seasoned oil mixture.
- 3 Grill the tomatoes**

Place tomato halves cut-side down directly on the grill grates. Grill for 4-5 minutes without moving them, until you see distinct dark grill marks and the edges begin to caramelize.
- 4** Carefully flip the tomatoes using tongs so the cut side faces up. Grill for another 3-4 minutes until the skin starts to wrinkle and blister and the tomatoes are heated through.
- 5 Finish and serve**

Transfer the grilled tomatoes to a serving platter and let them rest for 2 minutes to cool slightly. Serve immediately while still warm.

Tips

Select firm, ripe tomatoes that yield slightly to pressure but aren't overly soft for the best grilling results.

Cut tomatoes crosswise rather than lengthwise to prevent them from falling apart on the grill grates.

Preheat your grill or grill pan until a drop of water sizzles and evaporates immediately for proper searing.

Brush the cut sides generously with olive oil to prevent sticking and promote beautiful caramelization.

Start grilling cut-side down first to develop those attractive grill marks and concentrated flavors.

Avoid moving the tomatoes too early – let them develop proper grill marks before flipping.

Add fresh herbs like basil or oregano after grilling to preserve their bright flavors and colors.

Let grilled tomatoes rest for 2-3 minutes before serving to allow juices to redistribute evenly.