

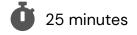




## **Tomato Baked Ricotta Balls**

## with Lemon and Garlic

Creamy garlic and lemon ricotta balls, baked in a delicious tomato sauce, finished with fresh basil and served alongside a fresh fennel and rocket salad with wholemeal bread for dipping.





4 servings



# Add some pastal

Make the tomato sauce per the recipe and stir ricotta through for a creamy touch! Toss with pasta or noodles of choice and serve with garlic bread.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

24g 27g

5

#### FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVES	2
TOMATO SUGO	1 jar
LEMON	1
RICOTTA	1 tub
FENNEL	1 bulb
ROCKET LEAVES	1 bag (60g)
WHOLEMEAL 5-SEED LOAF	1
BASIL	1 packet

#### FROM YOUR PANTRY

oil for cooking, olive oil, fennel seeds, salt, pepper

#### **KEY UTENSILS**

large ovenproof frypan, saucepan

#### **NOTES**

If your frypan is not ovenproof, transfer the tomato sauce mix into an oven dish in step 4. Spoon ricotta balls into oven dish.

Toast the bread or make garlic bread if you wish!

No gluten option - bread is replaced with GF Turkish rolls. Toast the Turkish rolls in the oven for 5 minutes until warm and crunchy.



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## 1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large ovenproof frypan over medium-high heat with **oil**. Slice onion, grate zucchini and crush 1 garlic clove. Add to pan as you go and sauté for 5 minutes.



## 2. SIMMER THE TOMATO SAUCE

Pour in tomato sugo and 1/2 jar water. Simmer for 5 minutes over medium heat. Season to taste with salt and pepper.



#### 3. MIX THE RICOTTA

Meanwhile, zest lemon and crush 1 garlic clove. Add to a bowl along with ricotta, 2 tsp fennel seeds, salt and pepper. Mix to combine.



## 4. BAKE THE RICOTTA BALLS

Remove tomato sauce from heat (see notes). Add tablespoonfuls of ricotta mix to sauce. Drizzle over **olive oil.** Bake in the oven for 10–15 minutes.



## 5. MAKE THE SALAD

Juice 1/2 lemon (wedge remaining) into a large bowl. Add **2 tbsp olive oil, salt and pepper.** Whisk to combine. Finely slice fennel. Add to bowl along with rocket leaves. Toss to combine.



## 6. FINISH AND SERVE

Slice the bread to your preferred thickness (see notes).

Serve baked ricotta tableside along with bread for dipping and salad. Top with basil leaves.

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