



Product Spotlight: Fennel

Fennel has a mild liquorice flavour and is a very versatile vegetable! If you are not used to cooking with it, try substituting celery or onion in some recipes with fennel! It works well in casseroles, soups, and lasagne too!



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.



25 minutes



4 servings



Vegetarian

22 September 2023

Add some pasta!

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	27g	62g

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.



Scan the QR code to
submit a Google review!



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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

