



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

 2 servings

 Vegetarian

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** 23g **TOTAL FAT** 20g **CARBOHYDRATES** 52g

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
SEEDED DINNER ROLLS	2-pack
BASIL	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large ovenproof frypan

NOTES

If unsure, 3/4 jar equates to 1 cup water.

For really firm ricotta balls, add 1 egg and 2-3 tbsp bread crumbs to the ricotta mix.

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

No gluten option – dinner rolls are replaced with **GF Turkish rolls**. Toast the Turkish rolls in the oven for 5 minutes until warm and crunchy.



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 **3/4 jar water** (see notes). 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**, **1 tsp fennel seeds, salt and pepper** (see notes). 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** (use to taste). Add to bowl along with **rocket leaves**. Toss to combine.



6. FINISH AND SERVE

Serve **baked ricotta** tableside along with **bread rolls** for dipping, **salad** and **lemon wedges**. 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

