

Italian Herb Beef Balls Braised in Chunky Tomato Ragout and Crumb Ricotta (low FODMAP)



8 Serves (300g per serve)

Per serve:

Energy: 1654Kj (Kcal). protein: 34g, total fat: 24g, saturated fat: 9g, carbohydrate: 8g, dietary fibre: 4g, Sodium: 180mg per 100g.

Ingredients

Chunky Tomato Ragout

- Lite olive oil x 2 tablespoon
- Garlic x 4 – 5 cloves cut into chunks and placed in oil to make oil infusion (use oil ingredients only, not the garlic)
- ¼ tsp of asafoetida
- Carrots diced x1 or 100g

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- Crushed Tomato tins x 1 or 400g
- Whole Tomatoes diced x 1 large or 115g
- Dried thyme x 2 teaspoon
- Dried Bay leaves x 2
- Marmite Yeast Extract x 2 tablespoons
- Tomato Paste x 70g
- Parsley chopped x 1 to 2 handfuls
- Ground black pepper x 1 teaspoon

Italian Herb Beef Balls

- 1/4 teaspoon asafoetida
- Lean beef x 800g
- Carrots x 2 medium or 200g
- Zucchini x 2 medium or 200g
- Dried thyme herb x 4 Teaspoon
- Parsley x 1 cup or a good handful
- Worcestershire x 4 tablespoon
- Ground black pepper x 1 teaspoon
- Water x 2 cups to stop the tomato ragout from going too dry during cooking
- Ricotta Cheese x 320g

Method

* **Note** This recipe is broken into two components; the first is the tomato ragout, second is the beef balls.

Tomato Ragout

1. Dice up all the vegetables, carrots, and whole tomatoes and set aside
2. Add ½ of garlic infused oil into pan and heat. Add carrots and cook for further 5 minutes
3. Add in the diced whole tomato and stir
4. Add the remaining crushed tomatoes
5. Add in the dried herbs, asafoetida, thyme and bay leaves
6. Bring to the boil and reduce to a slow simmer for around 1 hour
7. Add in the all the marmite, and tomato paste and stir in very well
8. You may need to add a little bit more water in case the ragout is a little bit dry
9. Turn off the heat and add in the half of the parsley, ground pepper and let the mixture cool down and

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set aside to use later

(**Note** this ragout can be left chunky or pureed style tomato base)

Beef Ball

10. Heat rest of garlic infused oil. Cook the beef mince through
11. Add ½ tsp asafoetida and stir through.
12. Shred the zucchini and carrots, and it is essential to squeeze all the excess moisture out before adding to the beef mixture
13. Add in the dried thyme and chopped parsley
14. Add the Worcestershire and pepper
15. Now you will need to mix very well to incorporate all the ingredients
16. Roll into 50 grams balls and place onto a baking dish and bake on a moderate heat oven 180c/356f for around 20 minutes or until they are brown
17. Add tomato ragout onto of serve of beef balls and garnish with parsley and ricotta cheese

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