

Italian Herb Beef Balls Braised in Chunky Tomato Ragout with Cauliflower Mash and Crumbed Ricotta



8 Serves (475g per serve)

Per serve:

Energy: 1059Kj (Kcal). protein: 31g, total fat: 8g, saturated fat: 3g, carbohydrate: 13g, dietary fibre: 10g, Sodium: 83mg per 100g.

Ingredients

Chunky Tomato Ragout

- Lite olive oil x 1 tablespoon
- Brown onions diced x 1 large or 150g
- Garlic x 4 – 5 cloves or 30g
- Celery diced x 1 stalks or 100g
- Carrots diced x12 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 (Gluten Free) x 2 tablespoons
- Tomato Paste x 70g
- Parsley chopped x 1 to 2 handfuls
- Ground black pepper x 1 teaspoon

Italian Herb Beef Balls

- Brown Onion x 1 large or 150g
- Garlic x 4 cloves or 20g
- 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

Cauliflower Mash

- Cauliflower x 1 large head or 800g
- Garlic x 8 cloves
- Pepper x 1 teaspoon
- Water 1 -2 cups
- Ricotta Cheese x 320g

Method

* **Note** This recipe is broken into three components; the first is the tomato ragout, second is the beef balls and thirdly is the cauliflower mash

Tomato Ragout

1. Dice up all the vegetables, onions, garlic, carrots, whole tomatoes and celery and set aside

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2. Sauté the onions and garlic until translucent and now add in the celery and 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, 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 set aside to use later
- (Note this ragout can be left chunky or pureed style tomato base)

Beef Balls

10. Once the onions and garlic are cooled down, add the beef and mix together
11. Shred the zucchini and carrots, and it is essential to squeeze all the excess moisture out before adding to the beef mixture
12. Add in the dried thyme and chopped parsley
13. Add the Worcestershire and pepper
14. Now you will need to mix very well to incorporate all the ingredients
15. 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

Cauliflower Mash

* **Note** the ricotta cheese can be mixed into the cauliflower mash or sprinkle on the top as a garnish, both works very well with the presentation.

16. Cut the cauliflower into florets and place into a pot
17. Rough the garlic and add into the pot
18. Add two cups of water into the pot and bring to the boil, the cauliflower will only take approximately 5-10 minutes of cooking time. To test to see if the cauliflower is cooked; Place a small knife into the cauliflower, and if the florets fall or breaks, then it is cooked to perfection.
19. Strain and reserve the mixture.
20. Add the cooked cauliflower/garlic into a food processor and gradually add some the reserved liquid, not all of it; discard what is left. Making sure to add a little at a time until the desired consistency
21. Add the ricotta cheese

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Serving Suggestion

Spoon two quenelle of the cauliflower mash and then add the beef balls and add a little of the tomato ragout and garnish with parsley and/or crumbed ricotta

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