

Field and Forest Meat'less Balls with Fennel and Beans

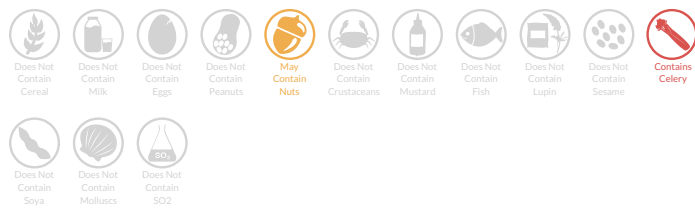
Ingredients

Product	Quantity
8 - 10 Field and Forest Meat'less Balls	360.00 g
1 Tin of Cannellini Beans	400.00 g
1 Tsp Fennel Seeds	2.00 g
1 Tsp Dried Thyme	2.00 g
1 Tbsp Olive oil	13.00 g
1 Onion (Finely Chopped)	150.00 g
2 Carrots (Chopped)	156.00 g
1 Fennel Bulb (Trimmed & Sliced)	234.00 g
1 Garlic Clove	7.00 g
1 Tbsp of Tomato Puree	14.00 g
Salt & Pepper	0.00 g
Parsley (To Garnish)	0.00 g
400ml Vegetable Stock	10.00 g

Serves: 3

Allergy Information

Key: Contains May Contain

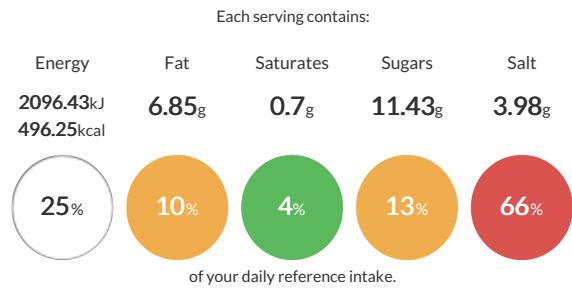


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	2096.43kJ 496.25kCal
Protein	33.09g
Carbohydrates	77.23g
of which sugars	11.43g
Non Milk Extrinsic Sugars	0g
Fat	6.85g
of which saturates	0.7g
Fibre	38.19g
Salt	3.98g
Sodium	1.05g
Iron	0.02mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

Throw the Field and Forest Meat'less balls into a roasting tin and drizzle with oil. Bake for around 10 mins until they are getting a little colour. Add the chopped onion, carrot, fennel and another little drizzle of oil, season with salt and pepper and return to oven for 6 mins. Add the tomato puree, garlic, thyme, fennel seeds and give another good stir and return to oven for 5mins just to cook off the tomato puree and let the flavour blend. Next, add the drain can of cannellini beans and the stock, give it another stir and add the lid to the roasting pan or cover in foil and bake for 15-20 mins till everything is tender and the liquid has reduced in a thicker sauce. Spoon into a large bowl, as this is comfort food after all! Sprinkle over some fresh parsley and serve with some wedges of bread. Enjoy!

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