

Low FODMAP Roasted Polenta Bites with Cheese & Herbs

Serves: 4

Prep: 4 hours 10
minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
1 cup polenta	151 g	5.3 oz
½ cup grated hard cheese e.g. Pecorino	47 g	1.7 oz
1 tbsp fresh rosemary, chopped finely	4 g	0.1 oz
Olive oil spray		

Method

1. Lightly grease and line a 20 cm x 20 cm baking tray.
2. Cook polenta according to packet instructions (use water or low FODMAP stock in recommended quantity).
3. When polenta has reached a smooth and thick consistency, add the cheese and herbs and stir to combine. Remove from heat then instantly pour into prepared tray. Gently tap and smooth surface with a spatula to flatten. Cover the surface with either plastic wrap or a sheet of baking paper and allow to completely cool and set (~ 4 hours in the fridge, but it is best left overnight).
4. When set, invert polenta onto a chopping board and cut into desired shape (bite sized triangles or rectangles work well).
5. Preheat oven to 240°C/464°F. Line a flat baking tray with non-stick paper and spray with olive oil. Place bites on the tray ensuring they are separated and spray with olive oil. Roast for 20 minutes or until golden.
6. Serve hot with some extra grated cheese and herbs scattered over the top.

Hints

- For best results start this process the day before you intend to eat the polenta bites.
- Other herbs besides rosemary can be used e.g. thyme, chives, basil, oregano or parsley. If you are using dried herbs use half the amount of the fresh.
- Alternative cheeses can be used like cheddar or Swiss.
- Instant polenta has not been checked and ingredients can vary. We recommend that you use regular cornmeal polenta.

Nutrition Information (per serve)	
Energy	675 Kj / 161 cal
Protein	6.00g
Carbohydrates	24.00g
Sugar	0.00g
Total Fat	4.00g
Saturated Fat	2.00g
Fibre	1.00g