

Low FODMAP Beef & Fetta Meatballs with Kale Pesto Pasta

Serves: 4

Prep: 15 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
Lean beef mince	500 g	17.6 oz
Feta cheese	80 g	2.8 oz
2 slices Monash FODMAP certified bread, made into breadcrumbs	70 g	2.5 oz
2 tbsp flat leaf parsley, chopped	4 g	0.1 oz
1 tbsp tomato paste	14 g	0.5 oz
Cherry tomatoes	250 g	8.8 oz
Gluten free pasta	375 g	13.2 oz
Red wine vinegar, to drizzle		
Chopped kale	40 g	1.4 oz
½ cup firmly packed basil leaves	5 g	0.2 oz
⅓ cup finely grated pecorino	25 g	0.9 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
Olive oil	55 g	1.9 oz
1 tbsp lemon juice	20 g	0.7 oz
3 tbsp pepitas (pumpkin seeds)	42 g	1.5 oz

Method

1. Preheat oven to 220°C/428°F. Line a baking tray with baking paper.
2. Make the pesto by placing kale, pecorino, pepitas (pumpkin seeds) and basil in a food processor. Process until finely chopped. With the motor running, gradually add the oil and lemon juice in a thin, steady stream until combined and set aside.
3. Combine mince, feta, breadcrumbs, parsley and tomato paste in a bowl and season. Roll tablespoons of mixture into balls. Place on the lined tray and spray with olive oil. Bake for 10 minutes then turn and add the tomatoes to the tray and bake for a further 10 minutes, or until meatballs are cooked through.
4. Whilst meatballs are in the oven, cook the pasta according to the packet instructions. Just before draining the pasta, reserve ½ cup of cooking liquid (this helps the pesto stick to the pasta and makes a creamy sauce).
5. Place drained pasta back into cooking pot and add the pesto and reserved liquid, portion out and evenly distribute the meatballs and tomatoes on top and drizzle with a small amount of red wine vinegar for a little zing.

Nutrition Information (per serve)	
Energy	2590 Kj / 619 cal
Protein	44.00g
Carbohydrates	9.00g
Sugar	2.70g
Total Fat	44.00g
Saturated Fat	12.50g
Fibre	2.90g