

# Low FODMAP Smoked Salmon & Dill Arancini Balls

Serves: 4

Prep: 30 minutes

Cook: 1 hour



Ingredients	Metric	Imperial
Low FODMAP chicken stock	600 g	21.2 oz
Dry white wine	200 g	7.1 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
2 tbsp olive oil	36 g	1.3 oz
Arborio rice	240 g	8.5 oz
1 bunch spring onions, green tops only	16 g	0.6 oz
Green olives, stone removed and finely chopped	50 g	1.8 oz
¼ cup corn flour	38 g	1.3 oz
Cold smoked salmon, finely chopped	100 g	3.5 oz
Mozzarella cheese, grated	140 g	4.9 oz
2 tbsp fresh dill, finely chopped	8 g	0.3 oz
1 tbsp horseradish (condiment)	20 g	0.7 oz
2 eggs	117 g	4.1 oz
1½ cups polenta OR low FODMAP breadcrumbs	172 g	6.1 oz
Olive oil spray, for baking		

## Method

- Combine the stock with wine and bring to the boil, reduce to a bare simmer.
- In a separate large pot add both oils and sauté rice and green onion tops for about 5 minutes.
- Ladle the hot stock and wine into the rice mixture, after each ladle, stir until liquid is absorbed and repeat. You should be stirring constantly for about 20 minutes until the rice is al dente.
- Remove from heat and cover with a lid for 5 minutes.
- Add the olives, horseradish, cheese, dill, flour and salmon. Stir well and leave to cool, stirring occasionally.
- When lukewarm, stir through the 2 eggs and leave to chill completely.
- Preheat oven to 220°C/428°F and line a tray with baking paper.
- When cool, roll into 24 small balls (or 8 large) and roll in the polenta or breadcrumbs.
- Place the balls on the tray and spray well with oil.
- Bake in the oven for about 20 minutes or until golden brown. Cool slightly and sit on absorbent paper before serving.

Nutrition Information (per serve)	
<b>Energy</b>	1590 Kj / 380 cal
<b>Protein</b>	16.20g
<b>Carbohydrates</b>	36.00g
<b>Sugar</b>	2.90g
<b>Total Fat</b>	16.50g
<b>Saturated Fat</b>	4.70g
<b>Fibre</b>	2.50g

## Hints

- These balls can be frozen after baking, just defrost and reheat in the oven!
- For a main meal, serve with a squeeze of lemon juice and a lovely low FODMAP salad.