Vegetarian meatballs with Swiss chard, spinach and Ricotta, tomato sauce with sage

Recipe for 12 tapas

Description

An original way to prepare vegetarian meat balls, great any time of year!

Note

You can serve the sauce warm or cold, depending on the weather outside.

Ingredients

Vegetarian meatballs

- 1 Bunch(es) Swiss chard
- 200 Gr Baby spinach
- 500 Gr Ricotta
- 2 Large Egg
- 70 Gr Grated parmesan
- 2 Tbsp Japanese breadcrumbs (panko)
- 3 Tbsp Flour
- 1 Tsp Nutmeg
- 5 Sprig(s) Chives

- Salt and pepper
- Olive oil

Tomato sauce with sage

- 4 Unit(s) Italian tomatoes
- 1 Tsp Brown sugar
- 1 Unit(s) Lemon zests
- 3 Leaf(ves) Sage
- 2 Tbsp Parmesan

- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **four** at **400 F°**

Preparation

Wash the swiss chard stems and blanch them in salted boiling water. Wilt the spinach in a pot with butter. They cook quite quickly! Transfer both cooked ingredients to a plate or tray lined with paper towel to absorb excess moisture. You can squeeze them with your hands to remove excess moisture if necessary.

Grate the parmesan and pluck the sage leaves.

Finely mince the chives.

Vegetarian Meatballs

Combine the ricotta, eggs, parmesan, panko, nutmeg, salt and pepper. Add the swiss chard and spinach, mix well and set aside in the fridge for 30 minutes covered.

Next, form the meatballs (wet your hands to make it easier). Plan for 2-3 meatballs per person depending on the size you make.

Set aside in the fridge once again covered with plastic wrap.

Tomato sauce with sage

Cut the tomatoes into large cubes and then pass them in the blender.

In a hot sauce pot with oil, cook down the tomatoes until tender. Add the sugar, lemon zest and sage leaves.

Cook for roughly 20 minutes and then season to taste with salt and pepper.

Plating

In a small serving bowl, place the tomato sauce at the bottom and then top with the meatballs. Garnish with chives.

Bon appétit!