

No	Name of Food	Ingredients	Method
1	Sesame pork meatballs with chilli noodle broth	<ul style="list-style-type: none"> <li>• 500g pack pork mince</li> <li>• 3 red chillies, deseeded, 1 finely chopped, 2 sliced</li> <li>• 2 tbsp soy sauce</li> <li>• 2 tbsp hoisin sauce</li> <li>• 50g sesame seeds</li> <li>• small pack coriander, stalks finely chopped, leaves picked</li> <li>• 1 tbsp sesame oil</li> <li>• 25g ginger (peeled weight), finely grated</li> <li>• 500ml chicken stock</li> <li>• 250g dried egg noodles</li> <li>• 1 large head of broccoli, cut into small florets</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 180C/160C fan/gas 4. Mix the pork, finely chopped chilli, 1 tbsp soy sauce, 1 tbsp hoisin sauce, two-thirds of the sesame seeds and the coriander stalks. Roll into 16 meatballs. Place on a baking-parchment-lined tray and bake for 15 mins until cooked through.</li> <li>2. Meanwhile, heat the oil in a large saucepan. Add the sliced chilli and the ginger, and cook for 1 min. Add the chicken stock, remaining hoisin and soy sauces, and bring to the boil. Tip in the noodles and cook for 3 mins. Add the broccoli and simmer for 3-4 mins until just cooked. Top with the meatballs and sprinkle with the remaining sesame seeds and the coriander leaves to serve.</li> </ol>
2	Weaning recipe: Chicken meatballs	<ul style="list-style-type: none"> <li>• ½ celery stick, cut into small chunks</li> <li>• 1 small carrot, cut into small chunks</li> <li>• 500g boneless skinless chicken thighs, cut into chunks</li> <li>• a few chives, snipped</li> <li>• oil, for greasing</li> </ul> <p>To serve</p> <ul style="list-style-type: none"> <li>• boiled rice</li> <li>• steamed broccoli</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 200C/180C fan/gas 6. Blitz the celery, carrot, chicken and chives in a food processor until finely chopped. You may need to use a spatula to scrape the sides of the bowl a few times.</li> <li>2. Shape into small meatballs. <i>If freezing, space out on a tray and put in the freezer. Once frozen, transfer to a freezer bag and take them out when needed. Defrost thoroughly in the fridge before cooking.</i></li> <li>3. To cook, put on a baking tray lined with greased foil and bake for 10 mins or until browned and cooked through.</li> <li>4. Served with boiled rice and steamed broccoli.</li> </ol>
3	Summer courgetti & meatballs	<ul style="list-style-type: none"> <li>• 400g pork mince</li> <li>• 4 garlic cloves, 2 crushed, 2 left whole and unpeeled</li> <li>• 2 tbsp olive oil, plus extra for frying</li> <li>• 400g cherry tomatoes</li> <li>• 4 fat courgettes</li> <li>• 4 tbsp half-fat crème fraîche</li> <li>• zest 1 lemon</li> <li>• 50g pine nuts, toasted</li> <li>• large handful basil</li> <li>• parmesan shavings, to serve (optional)</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 200C/180C fan/gas 6. Put the mince in a bowl, season well and add the crushed garlic. Mix together with your hands, then shape into small meatballs – roughly the size of a cherry tomato. Heat 1 tbsp of the oil in a large frying pan, add the meatballs and fry for 10-15 mins until golden brown. Meanwhile, tip the tomatoes into a roasting tin with the whole garlic cloves and the remaining oil. Season and roll around the tin until well coated in oil, then roast for 15 mins.</li> <li>2. While the meatballs and tomatoes cook, use a <u>spiralizer</u> – I used the finer noodle attachment – or a julienne peeler to create courgette noodles. Once cooked, tip the meatballs into the roasting tin with the</li> </ol>

			<p>tomatoes, fish out the garlic and set aside, then cover the tin with foil to keep warm.</p> <p>3. Wash the frying pan. Heat another 1 tbsp oil in the pan, squeeze the garlic cloves from their skins into the pan and mash with a fork. When sizzling, add the crème fraîche, lemon zest and some seasoning. Add the courgetti and toss in the pan for 30 secs until warmed through – any longer and it will wilt. Remove the pan from the heat, and tip in the meatballs, tomatoes and any juices from the tin. Toss together and scatter with pine nuts, basil and Parmesan, if you like.</p>
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