

No	Name of Food	Ingredients	Method
1	Spiced turkey patties with fruity quinoa salad	<ul style="list-style-type: none"> <li>• 4 carrots, peeled and cut into thin batons</li> <li>• 3 red onions 2½ cut into chunky wedges (roots intact) and ½ grated</li> <li>• 2 tbsp olive oil</li> <li>• 200g quinoa</li> <li>• 2 tsp coriander seed</li> <li>• 2 tsp cumin seed</li> <li>• 400g turkey mince</li> <li>• 25g fresh wholemeal breadcrumb</li> <li>• 3 garlic cloves, crushed</li> <li>• 4 tbsp 0% fat Greek yogurt</li> <li>• few dashes of Tabasco sauce</li> <li>• 1 pomegranate, deseeded over a bowl to catch the juices</li> <li>• 2 oranges, segmented</li> <li>• large pack parsley, roughly chopped</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 220C/200C fan/gas 7. Tip the carrots and onion wedges into a roasting tin. Toss in 1 tbsp olive oil, season and roast, stirring once, for 30 mins or so until tender.</li> <li>2. Meanwhile, cook the quinoa following pack instructions, drain and put to one side. Heat a large, non-stick frying pan and toast the seeds for 1-2 mins until aromatic. Pop into a pestle and mortar and grind before tipping into a large bowl. Add the turkey, grated onion, breadcrumbs, most of the garlic and seasoning, then mix. Shape into 12 small patties. Heat the remaining oil in the same pan and fry the patties for 3-4 mins on each side until browned and cooked through.</li> <li>3. In a small bowl, mix the yogurt, remaining garlic, Tabasco, 1 tbsp of water and seasoning. Toss together the drained quinoa, pomegranate seeds and juice, orange segments, parsley and roasted veg and some seasoning. Serve with the patties and spiced yogurt.</li> </ol>
2	Thai coconut soup with turkey meatballs	<ul style="list-style-type: none"> <li>• ½ small pack coriander, stems chopped, leaves reserved</li> <li>• 1 garlic clove</li> <li>• 250g turkey mince</li> <li>• 1 tbsp fish sauce</li> <li>• 2 tbsp Thai tom yum or Thai red curry paste</li> <li>• 400ml can low-fat coconut milk</li> <li>• 500ml chicken or vegetable stock</li> <li>• zest and juice 2 limes</li> <li>• 300g pack stir-fry vegetable</li> <li>• 200g pack cooked egg or rice noodle</li> </ul>	<ol style="list-style-type: none"> <li>1. Put the coriander stems and garlic in a food processor, pulse until finely chopped, add the turkey and 1 tsp of the fish sauce, and blend again. Roll into meatballs about 3cm in diameter.</li> <li>2. In a saucepan, heat the tom yum or curry paste with a splash of water for 2-3 mins. Pour in the coconut milk, stock, lime zest and juice, and remaining fish sauce. Bring to a simmer, add the meatballs and cook for 3 mins. Add the vegetables and cook for 5 mins more, or until the meatballs are cooked through.</li> <li>3. Add the noodles to warm through just before serving. Season, pour into 2 bowls and top with coriander leaves.</li> </ol>
3	Veggie meatballs with tomato courgetti	<ul style="list-style-type: none"> <li>• 3 garlic cloves</li> <li>• For the veggie meatballs</li> <li>• 2 tsp rapeseed oil, plus extra for greasing</li> <li>• 1 small onion, very finely chopped</li> <li>• 2 tsp balsamic vinegar</li> </ul>	<ol style="list-style-type: none"> <li>1. Finely chop the garlic. Heat the oil in a large pan and fry the onion, stirring frequently, for 8 mins. Stir in the balsamic vinegar and cook for 2 mins more. Meanwhile, put the beans in a bowl with the egg, tomato purée and spices, and mash until smooth. Stir in the</li> </ol>

		<ul style="list-style-type: none"> <li>• 100g canned red kidney beans</li> <li>• 1 tbsp beaten egg</li> <li>• 1 tsp tomato purée</li> <li>• 1 heaped tsp chilli powder</li> <li>• ½ tsp ground coriander</li> <li>• 15g ground almonds</li> <li>• 40g cooked sweetcorn</li> <li>• 2 tsp chopped thyme leaves</li> </ul> <p>For the tomato courgetti</p> <ul style="list-style-type: none"> <li>• 2 large or 3 normal tomatoes, chopped</li> <li>• 1 tsp tomato purée</li> <li>• 1 tsp balsamic vinegar</li> <li>• 2 courgettes cut into 'noodles' with a spiralizer, julienne peeler, or by hand</li> </ul>	<p>almonds and sweetcorn with the thyme, a third of the chopped garlic and the balsamic onions. Mix well and shape into about 8 balls the size of a walnut, and place on a baking tray lined with oiled baking parchment.</p> <p>2. Heat oven to 220C/200C fan/gas 7 and bake the veggie meatballs for 15 mins until firm. Meanwhile, put the tomatoes, tomato purée and balsamic vinegar in a pan and cook with 2-3 tbsp water until pulpy, then stir in the remaining garlic and courgetti. Turn off the heat as you want to warm the noodles rather than cook them. Serve with the veggie meatballs.</p>
4	Spanish meatballs with clams, chorizo & squid	<ul style="list-style-type: none"> <li>• 25g butter</li> <li>• 3 small shallots, diced</li> <li>• 1 heaped tsp smoked Spanish paprika (we used the sweet, or dulce type)</li> <li>• 3 garlic cloves, 2 crushed and 1 sliced</li> <li>• 2 tbsp dry sherry</li> <li>• 50g fresh breadcrumbs</li> <li>• 300g pork mince</li> <li>• 1 egg yolk</li> <li>• 50ml olive oil, for frying</li> <li>• 300g chorizo, either mini whole ones or a large sausage, cut into bite-size pieces</li> <li>• 300g cleaned squid, cut into rings</li> <li>• 100ml white wine</li> <li>• 300g chopped and squashed tomatoes (squeeze to a pulp using your fingers)</li> <li>• 400g clams</li> <li>• handful flat-leaf parsley, roughly chopped</li> <li>• extra-virgin olive oil, for drizzling</li> </ul>	<p>1. Melt the butter in a heavy-based casserole, then soften the shallots for 5 mins. Add the paprika and crushed garlic and cook for 1 min until the paprika becomes fragrant. Splash in the sherry, then pour the whole lot into a bowl with the breadcrumbs. Season and cool.</p> <p>2. Add the pork mince and the egg yolk to the bowl, then beat well. Shape into 18 small meatballs. Wipe the pan, put on a medium-high heat, then add the oil. Fry the meatballs for 5 mins, just to colour, then lift onto a plate, but keep the oil in the pan. Sizzle the chorizo with the sliced garlic. Add the squid and fry to give a little colour. Now tip in the white wine and bring to the boil, scraping the bottom. Stir in the pulped tomatoes, bring to the boil, then add the meatballs and the clams. Cover and cook for 5 mins until the clam shells open. Discard any that stay shut. Sprinkle with the chopped parsley, drizzle with the extra virgin oil, then serve with crusty bread</p>