

Name of Food	Ingredients	Method
Asparagus & meatball orzo	<ul style="list-style-type: none"> <li>• pack of 12 pork meatballs</li> <li>• 500g pack orzo pasta</li> <li>• large bunch of asparagus, sliced in half lengthways</li> <li>• 200g tub crème fraîche</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 180C/160C fan/gas 4. Put the meatballs on a tray lined with foil, season and cook for 20 mins until cooked through. Meanwhile, bring a pan of salted water to the boil, add the orzo and cook for 4 mins, then add the asparagus and simmer for 4 mins more. Drain, then tip back into the pan along with the meatballs and crème fraîche, mix and season well.</li> </ol>