

Name of Food	Ingredients	Method
Spanish meatball & butter bean stew	<ul style="list-style-type: none"> • 350g lean pork mince • 2 tsp olive oil • 1 large red onion, chopped • 2 peppers, sliced, any colour will do • 3 garlic cloves, crushed • 1 tbsp sweet smoked paprika • 2 x 400g cans chopped tomatoes • 400g can butter beans, drained • 2 tsp golden caster sugar • small bunch parsley, chopped • crusty bread, to serve (optional) 	<ol style="list-style-type: none"> 1. Season the pork, working the seasoning in with your hands, then shape into small meatballs. Heat the oil in a large pan, add the meatballs and cook for 5 mins, until golden brown all over. Push to one side of the pan and add the onion and peppers. Cook for a further 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins. 1. Uncover, stir in the beans, the sugar and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking, if you like.