

No	Name of Food	Ingredients	Method
1	Lamb & apricot meatballs	<ul style="list-style-type: none"> <li>• 2 tbsp olive oil</li> <li>• 2 red onions, very finely chopped</li> <li>• 4 garlic cloves, crushed</li> <li>• 2 tsp each ground cumin and coriander (or 4 tsp Moroccan spice blend)</li> <li>• 400g can chopped tomatoes</li> <li>• ½ tsp sugar</li> <li>• ½ 20g pack mint, finely chopped</li> <li>• 500g pack lean lamb mince</li> <li>• 8 dried apricots, finely chopped</li> <li>• 50g fresh breadcrumbs</li> <li>• pitta bread and salad, to serve</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat 2 tsp oil in a pan and soften the onions for 5 mins. Add the garlic and spices and cook for a few mins more. Spoon half the onion mixture into a bowl and set aside to cool. Add the tomatoes, sugar and seasoning to the remaining onions in the pan and simmer for about 10 mins until reduced.</li> <li>2. Meanwhile, add the mint, lamb, apricots and breadcrumbs to the cooled onions, season and mix well with your hands. Shape into little meatballs.</li> <li>3. Heat the rest of the oil in a non-stick pan and fry the meatballs until golden (in batches if you need to). Stir in the sauce with a splash of water and gently cook everything for a few mins until the meatballs are cooked through. Serve with pitta bread and salad.</li> </ol>
2	Pork, fennel & chilli meatballs	<ul style="list-style-type: none"> <li>• 2 tbsp olive oil</li> <li>• 1 onion, chopped</li> <li>• ½ bulb fennel, chopped</li> <li>• 1 tsp chilli flakes</li> <li>• 2 tsp fennel seed</li> <li>• 500g pack pork mince</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat 1 tbsp olive oil in a large frying pan, add onion and fennel and cook for 8 mins until soft. Add chilli flakes and fennel seeds and cook for a further 2 mins. Remove from the heat and allow to cool, then mix in pork mince with some seasoning. Form into bite-sized balls.</li> <li>2. Heat 1 tbsp olive oil in a large frying pan. Add the meatballs and cook for 10-15 mins until golden and cooked through. Serve at room temperature with cocktail sticks.</li> </ol>
3	Moroccan turkey meatballs with citrus couscous	<ul style="list-style-type: none"> <li>• 500g pack turkey mince</li> <li>• 2 tsp each chilli powder, ground cumin and ground coriander</li> <li>• 1 tsp cinnamon</li> <li>• 1 onion, coarsely grated</li> <li>• zest 1 orange, then peeled and orange segments chopped</li> <li>• 250g couscous</li> <li>• 250ml hot chicken stock</li> <li>• 2 tsp olive oil</li> <li>• small bunch coriander, roughly chopped</li> </ul>	<ol style="list-style-type: none"> <li>1. In a big bowl, mix the mince, spices, onion and orange zest together really well with your hands. Roll the mixture into about 20 walnut-sized meatballs.</li> <li>2. Put the couscous in a bowl, pour over the hot chicken stock, cover with cling film and leave to stand for 10 mins.</li> <li>3. Heat the olive oil in a frying pan. add the meatballs and fry, turning often, for about 12 mins until browned all over and cooked through.</li> <li>4. Fluff the couscous up with a fork, stir in the chopped orange, coriander and some seasoning. Pile onto plates and serve with the meatballs.</li> </ol>
4	Bean & pasta stew with meatballs	<ul style="list-style-type: none"> <li>• 6-8 pack pork sausages</li> <li>• 1 tbsp olive oil</li> <li>• 2 onions, finely chopped</li> </ul>	<ol style="list-style-type: none"> <li>1. Snip the ends off the sausages and squeeze out the meat. Roll into rough walnut-sized meatballs. Heat half the oil</li> </ol>

		<ul style="list-style-type: none"> <li>• 3 celery sticks, diced</li> <li>• 2 carrots, diced</li> <li>• 3 garlic cloves, finely chopped</li> <li>• 400g can chopped tomatoes</li> <li>• 1l chicken stock</li> <li>• 175g macaroni</li> <li>• 410g can cannellini beans, rinsed and drained</li> <li>• handful flat-leaf parsley, chopped</li> </ul>	<p>in a large, wide pan and fry until browned, around 10 mins. Remove from pan and set aside.</p> <p>2. Add the rest of the oil to the pan. Tip in the onions, celery and carrots and fry for 10 mins until soft. Add garlic and cook for 1 min more. Tip in the tomatoes and stock. Bring to the boil and simmer for 10 mins.</p> <p>3. Stir in the macaroni and return the meatballs. Simmer for about 10 mins until pasta is cooked and meatballs are cooked though. Stir in beans and heat until piping hot. Season, mix in parsley and serve.</p>
--	--	--	--