

No	Name of Food	Ingredients	Method
1	Easy meatballs	<ul style="list-style-type: none"> • 300g good-quality pork sausage (about 4 large or 8 chipolatas) • 1 small onion • 1 carrot • 1 tbsp dried oregano • 500g lean beef mince • 50g parmesan, finely grated, plus extra to serve • 75g dried breadcrumb • 1 medium egg • 1 tbsp olive oil <p>For the tomato sauce</p> <ul style="list-style-type: none"> • 1 carrot (finely grated) • 2 sticks of celery (grated) • 1 courgette (coarsely grated) • 3 garlic cloves (finely grated) • 2 red peppers • 1 tbsp olive oil • 1 tbsp tomato purée • pinch golden caster sugar • splash red wine vinegar • 3 x 400g tins chopped tomatoes • cooked spaghetti, to serve • handful basil leaves, snipped 	<ol style="list-style-type: none"> 1. KIDS the writing in bold is for you. GROWN-UPS the rest is for you. Squeeze some sausages. Get your child to squeeze all the sausagemeat out of the skins into a large bowl. They can hold the sausages or do it by squashing them on a board. 2. Get grating. Get your child to coarsely grate the onion and finely grate the carrot. If the onion starts to hurt their eyes, get them to wear goggles, which is good fun. Grating can take a bit of strength, so you may need to help. Tip these vegetables in with the sausages. While you have the grater out, grate the Parmesan, other vegetables and garlic for the sauce, and set aside. 3. Make a marvellous mix. Next, get your child to add all the other meatball ingredients one by one, except the olive oil, into the bowl and season with black pepper. 4. Squish everything together. Get the child to squish everything together through their hands until completely mixed. Keep an eye on younger children to make sure that they don't taste any of the raw mix. 5. Roll meatballs. Children as young as three can now roll the meatball mix into walnut-sized balls, then place them on a board or tray. This mix should make 40 balls – counting these is great way to help teach older children basic division. Cover the meatballs with cling film and have a little tidy up. 6. Prepare the red peppers. Firstly, peel the peppers with a vegetable peeler, cut off the tops and bottoms and remove the seeds. Cut the peppers in half and children from the age of four can cut the peppers into strips. 7. Make the sauce. A grown-up will need to help here. Heat the oil in a large saucepan. Add the vegetables and garlic and cook for 5 mins. Stir in the tomato purée, sugar and vinegar, leave for 1 min then tip in the tomatoes and simmer for 5 mins. Get the child to help blitz the sauce with a hand blender. Gently simmer the sauce while you cook the meatballs.

			<p>8. Cook the meatballs. Brown the meatballs in the olive oil on all sides then pop them into the sauce, working in batches if necessary. Simmer the meatballs in the sauce for 15 mins, gently stirring until they are cooked through. It's ready to eat now or cool and freeze in suitable batches for up to 6 months. Serve with spaghetti, some basil and extra Parmesan, if you like.</p>
2	Meatball & mozzarella bake	<ul style="list-style-type: none"> • 400g pack raw beef meatball (about 15) • 2 x 400g cans cherry tomatoes • 1 small rosemary focaccia loaf, chopped into large chunks • 2 x 125g balls mozzarella, torn • handful fresh basil or oregano leaves 	<p>1. Heat oven to 200C/180C fan/gas 6. In a large roasting tin, toss the meatballs with the cherry tomatoes. Season well and cook for 20 mins.</p> <p>2. Scatter over the chopped focaccia and mozzarella. Season and sprinkle over a handful of herbs then return to the oven for 15 mins, until the bread is crispy and the cheese melted.</p>
3	Saucy meatball & carrot bake with crispy feta crumbs	<ul style="list-style-type: none"> • 900g pork mince • 140g breadcrumbs • 1 tbsp caraway seeds • 1 egg • 4 tsp ground cumin • 750g carrot, peeled and halved lengthways, or quartered if they're really big • 4 tbsp olive oil, plus extra for frying • 3 onions, whizzed to a paste in a food processor • good chunk ginger, grated • 680g bottle passata • 2 x 400g cans chopped tomatoes • 2 tbsp sugar • Sugar • 200g pack feta cheese, crumbled • small pack parsley, chopped 	<p>1. Heat oven to 220C/200C fan/gas 7. Mix the pork, 50g of the breadcrumbs, caraway seeds, egg and half the cumin with 2 tsp salt and lots of pepper. Roll into about 30 meatballs and put into a large non-stick roasting tin. Put the carrots into another roasting tin. Split the oil between the two, and gently toss to coat. Roast for 30-40 mins, shaking the tins halfway (and swapping between shelves if you need to), until golden and cooked through.</p> <p>2. Meanwhile, fry the onion, ginger and remaining cumin in a drop more oil for a few mins in a large pan, stirring constantly. Stir in the passata, chopped tomatoes, sugar and some seasoning, then simmer for 15 mins.</p> <p>3. Divide the meatballs and carrots between baking dishes or tins and spoon over the tomato sauce. Mix the remaining breadcrumbs with the feta, parsley and some seasoning. Set aside any portions for freezing now, and sprinkle feta crumbs over any portions to be cooked immediately.</p> <p>4. To eat now, reduce the oven to 200C/180C fan/gas 6 and bake for 20 mins until crumbs are golden and</p>

			everything is piping hot. Or follow the tips for freezing below, then defrost portions, finish assembling and bake at 180C/160C fan/gas 4 for 30-50 mins until everything is piping hot and bubbling – the cooking time will depend a bit on the portion size you are baking.
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