

Name of Food	Ingredients	Method
Pork, fennel & chilli meatballs	<ul style="list-style-type: none"> • 2 tbsp olive oil • 1 onion, chopped • ½ bulb fennel, chopped • 1 tsp chilli flakes • 2 tsp fennel seed • 500g pack pork mince 	<ol style="list-style-type: none"> 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. 1. 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.