

No	Name of Food	Ingredients	Method
1	Spaghetti & meatballs	<ul style="list-style-type: none"> • 8 good-quality pork sausages • 1kg beef mince • 1 onion, finely chopped • ½ a large bunch flat-leaf parsley, finely chopped • 85g parmesan, grated, plus extra to serve if you like • 100g fresh breadcrumbs • 2 eggs, beaten with a fork • olive oil, for roasting • spaghetti, to serve (you'll need about 100g per portion) <p>For the sauce</p> <ul style="list-style-type: none"> • 3 tbsp olive oil • 4 garlic cloves, crushed • 4 x 400g cans chopped tomato • 125ml red wine (optional) • 3 tbsp caster sugar • ½ a large bunch flat-leaf parsley, finely chopped • few basil leaves (optional) 	<ol style="list-style-type: none"> 1. First make the meatballs. Split the skins of 8 good-quality pork sausages and squeeze out the meat into your largest <u>mixing bowl</u>. 2. Add 1kg beef mince, 1 finely chopped onion, ½ large bunch flat-leaf parsley, 85g grated parmesan, 100g fresh breadcrumbs, 2 beaten eggs and lots of seasoning. Get your hands in and mix together really well – the more you squeeze and mash the mince, the more tender the meatballs will be. 3. Heat oven to 220C/200C fan/gas 7. 4. Roll the mince mixture into about 50 golf-ball-size meatballs. Set aside any meatballs for freezing, allowing about 5 per portion, then spread the rest out in a large <u>roasting tin</u> – the meatballs will brown better if spaced out a bit. 5. Drizzle with a little oil (about 1 tsp per portion), shake to coat, then roast for 20-30 mins until browned. 6. Meanwhile, make the sauce. Heat 3 tbsp olive oil in your <u>largest pan</u>. Add 4 crushed garlic cloves and sizzle for 1 min. 7. Stir in four 400g cans chopped tomatoes, 125ml red wine, if using, 3 tbsp caster sugar, ½ a large bunch flat-leaf parsley and seasoning. Simmer for 15-20 mins until slightly thickened. 8. Stir in a few basil leaves, if using, spoon out any portions for freezing, then add the cooked meatballs to the pan to keep warm while you boil the spaghetti (you'll need about 100g per portion). 9. Spoon the sauce and meatballs over spaghetti, or stir them all together and serve with extra <u>parmesan</u> and a few basil leaves, if you like.
2	Asparagus & meatball orzo	<ul style="list-style-type: none"> • pack of 12 pork meatballs • 500g pack orzo pasta • large bunch of asparagus, sliced in half lengthways • 200g tub crème fraîche 	<ol style="list-style-type: none"> 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.

3	Chicken meatballs with quinoa & curried cauliflower	<ul style="list-style-type: none"> • 250g chicken mince • 1 garlic clove, finely chopped • 1 tsp turmeric • pinch of cumin • pinch of cinnamon • handful dill, finely chopped • 2 spring onions, finely chopped <p>For the quinoa & curried cauliflower</p> <ul style="list-style-type: none"> • 50g quinoa • 4 cauliflower florets • 25g sweet potato, chopped • 1 tbsp olive oil • 1 tbsp medium curry powder • 1 tsp pistachios, chopped • 1 tsp sultanas • ½ lime, juiced 	<ol style="list-style-type: none"> 1. For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins. 2. For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins. 3. Put the cauliflower and sweet potato in a roasting tin and toss in the oil and curry powder. Put the meatballs in a separate tin. Cook both in the oven for 15 mins or until cooked through. 4. Mix the quinoa with the cauliflower, sweet potato, pistachios and sultanas, squeeze over the lime juice, then serve with the meatballs.
4	Toddler recipe: Batch-cook mini pork & veg balls	<p>For the meatballs</p> <ul style="list-style-type: none"> • 2 tsp rapeseed oil • 1 small onion, chopped • 1 slice wholemeal bread, torn into chunks • 1 carrot, cut into chunks • 1 celery stick, cut into chunks • 1 red pepper, cut into chunks • 500g lean pork mince • 1 egg <p>For the sauce</p> <ul style="list-style-type: none"> • 1 tsp rapeseed oil • 2 garlic cloves, crushed • 2 x 390g cartons passata • 1 tsp dried thyme • 1 tsp sugar (optional) • fresh basil or parsley, chopped (optional) • cooked spaghetti and grated cheese, to serve 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. Heat 2 tsp rapeseed oil in a medium <u>saucepan</u>. Add the onion and cook for 5-10 mins until softened. Blitz the bread in a <u>food processor</u> until you have breadcrumbs. Add the cooked onion, carrot, celery and peppers and pulse until finely chopped. You may need to use a spatula to scrape the sides of the bowl a few times. Add the pork, egg and a little black pepper, then pulse to combine. 2. Divide the mixture in half. Shape half into small meatballs about the size of large marbles and arrange on a baking tray lined with foil. Shape the rest into golf-ball-sized meatballs. Arrange on a lined tray and open freeze. Once frozen, transfer to a freezer bag and save for another meal. Now bake the mini meatballs for 25 mins or until browned and cooked through. 3. Meanwhile, make the sauce. Using the same pan that you cooked the onion in, heat the 1 tsp oil, add the garlic and cook for 2 mins. Pour in the passata, add the thyme and sugar. Simmer for 5-10 mins. Gently stir the meatballs and any juices into the sauce and heat through for a few

			mins. Stir the meatballs through the spaghetti and serve with grated cheese.
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