

Name of Food	Ingredients	Method
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> </ol> <ol style="list-style-type: none"> <li>1. 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>