

Name of Food	Ingredients	Method
Spicy meatballs with chilli black beans	<ul style="list-style-type: none"> • 1 red onion, halved and sliced • 2 garlic cloves, sliced • 1 large yellow pepper, quartered, deseeded and diced • 1 tsp ground cumin • 2-3 tsp chipotle chilli paste • 300ml reduced-salt chicken stock • 400g can cherry tomatoes • 400g can black beans or red kidney beans, drained • 1 avocado, stoned, peeled and chopped • juice ½ lime <p>For the meatballs</p> <ul style="list-style-type: none"> • 500g pack turkey breast mince • 50g porridge oats • 2 spring onions, finely chopped • 1 tsp ground cumin • 1 tsp coriander • small bunch coriander, chopped, stalks and leaves kept separate • 1 tsp rapeseed oil 	<p>1. First make the meatballs. Tip the mince into a bowl, add the oats, spring onions, spices and the coriander stalks, then lightly knead the ingredients together until well mixed. Shape into 12 ping-pong- sized balls. Heat the oil in a non-stick frying pan, add the meatballs and cook, turning them frequently, until golden. Remove from the pan.</p> <p>1. Tip the onion and garlic into the pan with the pepper and stir-fry until softened. Stir in the cumin and chilli paste, then pour in the stock. Return the meatballs to the pan and cook, covered, over a low heat for 10 mins. Stir in the tomatoes and beans, and cook, uncovered, for a few mins more. Toss the avocado chunks in the lime juice and serve the meatballs topped with the avocado and coriander leaves.</p>