

Name of Food	Ingredients	Method
Fruity pork meatballs	<ul style="list-style-type: none"> <li>• 300g pack meatball (we like Waitrose organic)</li> <li>• 3 tbsp caramelised onion marmalade or onion chutney</li> <li>• 300g vegetable stock</li> <li>• 2 red apples, cored and thickly sliced</li> </ul>	<ol style="list-style-type: none"> <li>1. In a large, non-stick frying pan, brown the meatballs for 2 mins over a high heat. Stir in the onion marmalade, stock and apples, then bring to the boil.</li> <li>2. Simmer for about 15 mins until the apples and pork are cooked and the sauce has thickened. Spoon the meatballs and sauce over mash or a jacket potato.</li> </ol>