

Name of Food	Ingredients	Method
Thai coconut soup with turkey meatballs	<ul style="list-style-type: none"> • ½ small pack coriander, stems chopped, leaves reserved • 1 garlic clove • 250g turkey mince • 1 tbsp fish sauce • 2 tbsp Thai tom yum or Thai red curry paste • 400ml can low-fat coconut milk • 500ml chicken or vegetable stock • zest and juice 2 limes • 300g pack stir-fry vegetable • 200g pack cooked egg or rice noodle 	<ol style="list-style-type: none"> 1. Put the coriander stems and garlic in a food processor, pulse until finely chopped, add the turkey and 1 tsp of the fish sauce, and blend again. Roll into meatballs about 3cm in diameter. 2. In a saucepan, heat the tom yum or curry paste with a splash of water for 2-3 mins. Pour in the coconut milk, stock, lime zest and juice, and remaining fish sauce. Bring to a simmer, add the meatballs and cook for 3 mins. Add the vegetables and cook for 5 mins more, or until the meatballs are cooked through. 1. Add the noodles to warm through just before serving. Season, pour into 2 bowls and top with coriander leaves.