

No	Name of Food	Ingredients	Method
1	Asian pork meatballs	<ul style="list-style-type: none"> • 2 tbsp clear honey • 3 tbsp fish sauce • 450g minced pork • 4 spring onions, finely chopped • 1 small garlic clove, crushed • 2 tsp lemongrass, finely chopped • 1 tsp cornflour • 1 tbsp finely chopped fresh mint • 2 tbsp finely chopped fresh coriander • olive oil for frying <p>For the oriental dipping sauce</p> <ul style="list-style-type: none"> • 1 tsp chopped fresh coriander • 3 spring onions, finely sliced • 2 tbsp lime juice • 2 tbsp light soy sauce • 1 tsp sesame oil 	<ol style="list-style-type: none"> 1. Make the meatballs. Gently warm the honey in a non-stick frying pan, add the fish sauce and stir to make a syrup. Leave to cool. 2. Put pork in a bowl and fold in honey syrup, spring onions, garlic, lemongrass, cornflour, mint and coriander. Mix and season with salt and lots of black pepper. 3. Shape into 20 balls and put on a tray lined with greaseproof paper. Chill for 30 mins. To make the sauce, mix all the ingredients together, then set aside. 4. Brush the balls with olive oil and fry for 3-4 mins each side. Serve with the sauce.
2	Sausageball pasta bake	<ul style="list-style-type: none"> • 450g sausagemeat • 50g fresh white breadcrumb • 1 tsp thyme or rosemary leaves, chopped • 1 tbsp olive oil • 500g carton passata • 2 tbsp sundried tomato paste • 300g fusilli or other pasta shapes • ½ small Savoy cabbage, cut into 1cm-wide slices • 250g ball mozzarella, cubed • 2 tbsp freshly grated parmesan 	<ol style="list-style-type: none"> 1. Put the sausagemeat, breadcrumbs and thyme or rosemary in a bowl and mix to combine. Shape into 20 small balls. 2. Heat oil in a wide pan and cook the sausageballs for 10 mins until nicely browned. Add passata and tomato paste, cover and simmer gently for 20 mins. 3. Meanwhile, cook pasta following pack instructions, adding the cabbage for the final 5 mins of cooking time. Drain cabbage and pasta, toss with the sauce and spoon into a heatproof dish. 4. Heat oven to 200C/180C fan/ gas 6. Push mozzarella cubes into the top of the pasta. Sprinkle with Parmesan and bake for 15-20 mins until bubbling and crusty.
3	Choc hazelnut ice cream sandwich	<ul style="list-style-type: none"> • 2 scoops chocolate & salted caramel ice cream, softened • 4 double chocolate cookies • 2 handfuls hazelnuts, roasted and chopped 	<ol style="list-style-type: none"> 1. Put a scoop of ice cream on 2 cookies, then top with 2 more cookies and squish down a bit so the ice cream reaches the edges. 2. Put the hazelnuts on a plate. Roll the sides of each ice cream sandwich through the nuts, like a wheel, to create a nutty edge, then either pop in the freezer if you want

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