

No	Name of Food	Ingredients	Method
1	Turkey meatballs in tomato & fennel sauce	<ul style="list-style-type: none"> • 400g turkey mince • 25g fresh white breadcrumbs • 2 garlic cloves, crushed • 2 tbsp olive oil • 1 onion, chopped • 1 carrot, diced • 1 tsp fennel seeds • 400g can chopped tomatoes • 1 tbsp tomato purée • 400g spaghetti, cooked, to serve 	<ol style="list-style-type: none"> 1. Put the mince in a mixing bowl with the breadcrumbs and half the garlic. Season and mix well to combine. Using your hands, shape the mixture into 12 balls, then chill for 10 mins. 2. Meanwhile, heat 1 tbsp oil in a pan. Add the onion, carrot and remaining garlic. Cook for 5-6 mins until softened. Add the fennel seeds and cook for a few secs. Tip in the tomatoes with half a can of water, then stir in the tomato purée. Season and simmer for 15 mins until thickened. Using an electric hand blender, whizz until roughly smooth. 3. Meanwhile, heat the remaining oil in a non-stick frying pan and fry the meatballs for 8-10 mins until cooked through. Transfer to the sauce and simmer until piping hot. Serve with spaghetti.
2	Moroccan lamb meatballs with harissa & couscous	<ul style="list-style-type: none"> • 2 tsp cumin seeds • 2 tbsp coriander seed • 50g breadcrumbs • 1 garlic clove, crushed • 500g lamb mince • juice 1 lemon • 1 egg, lightly beaten • 20g pack mint, most leaves chopped • 2-3 tbsp sunflower oil • 150ml natural yogurt, to serve • 300g couscous • 50g butter • 2 tbsp harissa - shop-bought or see below, to serve • 	<ol style="list-style-type: none"> 1. Heat a heavy-based pan over a low heat. Add the spices to the pan then toast for 2-3 mins until fragrant. Crush using a pestle and mortar. Set aside. 2. Mix the breadcrumbs with 2 tbsp water and the garlic and stir well. Add the lamb, lemon juice, crushed spices, egg most of the mint. Season well. Mix well then shape into 16 balls. Chill for a good 30 mins. 3. Heat the oil in a frying pan. Fry the balls for 6-7 mins, turning now and then, until golden brown and cooked. Keep warm. Put the couscous in a large heatproof bowl, then rub in the butter and harissa. Pour over 400ml boiling water, cover and leave for 10 mins. Fluff up and season. Shred the remaining mint, then mix through. Serve with harissa and yogurt.
3	Moroccan meatballs with eggs	<ul style="list-style-type: none"> • 1 onion, finely chopped • 3 tbsp olive oil • 50g fresh breadcrumbs • 250g pack lean lamb mince • ½ tsp ground cinnamon • 5 eggs • 2 garlic cloves, sliced • 1 courgette, thickly sliced • 2 x 400g cans chopped tomatoes 	<ol style="list-style-type: none"> 1. Fry the onion in 1 tbsp oil until soft, then allow to cool. Mix with the breadcrumbs, mince, cinnamon, 1 egg, ½ tsp salt and lots of pepper, then shape into about 24 meatballs with wet hands. Fry in the remaining oil in a shallow pan for about 8 mins, moving them round until evenly browned. Lift out and set aside. 2. Add the garlic to the oil left in the pan and fry until softened. Add the courgette, fry for 1-2 mins, then tip in the tomatoes, honey, ras el hanout, three-quarters of the

		<ul style="list-style-type: none"> • 2 tsp honey • ½-1 tsp ras el hanout spice mix • 20g bunch coriander, mostly chopped • 400g can chickpeas, rinsed and drained 	<p>coriander, seasoning and a couple of tbsp water. Stir and cook until pulpy.</p> <p>3. Stir in the chickpeas and add the meatballs. Make 4 hollows in the sauce, then break in the remaining eggs. Cover and cook for 4-8 mins over a low heat until the eggs are set. Scatter with coriander and serve straight from the pan with crusty bread for scooping up the sauce.</p>
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