

No	Name of Food	Ingredients	Method
1	Lamb & rosemary koftas	<ul style="list-style-type: none"> • 500g lamb mince • ½ tsp allspice • 2 garlic cloves, crushed • 8 rosemary sprigs • 4 pitta breads • 170g pot Greek yogurt • 2 lemons, cut into wedges • 150g pack radishes, sliced • ½ cucumber, chopped 	<ol style="list-style-type: none"> 1. Heat the grill to high. In a large bowl, mix together the mince, allspice and garlic. Season and shape into 8 koftas, each wrapped around a rosemary sprig, with the stalk sticking out at one end. Repeat until all the mince is used up. Brush the koftas with a little oil and place on a baking tray. Grill for 10 mins or until cooked through, turning once. 2. Eat the koftas from the rosemary stalks or pull out the stalks before serving. Serve with the pitta, yogurt, lemon wedges, radishes, cucumber and pickled chillies, if using.
2	Lemon & fennel pork meatballs	<ul style="list-style-type: none"> • 2 tbsp olive oil • 1 medium onion, finely chopped • 2 garlic cloves, finely sliced • 2 x 400g cans plum tomatoes • 1 lemon, zested and cut into wedges • 500g pork mince • 2 tsp fennel seeds • 250g kale • 25g pine nuts, toasted • crusty bread or mashed potato, to serve (optional) 	<ol style="list-style-type: none"> 1. In a medium pan, heat 1 tbsp of the oil over a medium heat. Add the onion and garlic to the pan and cook for 5 mins. Tip in the tomatoes with a splash of water, increase the heat and allow to bubble for 15 mins. 2. Meanwhile, in a large bowl, combine the lemon zest, mince, fennel seeds and a good pinch of seasoning. Mix well, then shape into walnut-sized balls. 3. Heat the remaining oil in a lidded frying pan over a medium heat. Add the meatballs and brown for 5 mins, then pour the tomato sauce into the pan. Simmer for 10 mins, then add the kale, cover with a lid and cook for 5 mins more until wilted. Season to taste, and scatter over the pine nuts. Serve with the lemon wedges, for squeezing over, and crusty bread or mash, if you like.
3	Meatball gravy sub	<ul style="list-style-type: none"> • 1 tbsp olive oil • 1 onion, ½ finely chopped, ½ sliced • 1 garlic clove, crushed • 250g pack beef mince • ½ tbsp balsamic vinegar • 100ml beef stock • 1 tsp Worcestershire sauce • 1 large ciabatta roll • 2 slices mature cheddar • mixed leaves, to serve (optional) 	<ol style="list-style-type: none"> 1. Heat half the oil in a frying pan and add the finely chopped onion. Cook until softened and slightly browned, about 10 mins. Add the garlic and stir for 1 min. Set aside to cool a little. Put the mince in a large bowl and tip in the cooked onion and garlic. Season generously and mix together with your hands. 2. Roll the mince into eight meatballs, then freeze half for another meal, if you like (defrost in the fridge before cooking). Heat oven to 200C/180C fan/gas 6. In the same pan, fry the meatballs with the remaining oil for 1-2 mins until browned. 3. Transfer the meatballs to a roasting tin with the sliced onion, balsamic vinegar,

			<p>stock and Worcestershire sauce. Bake for 20 mins until the meatballs are cooked and the onions are tender. Halve the ciabatta and bake for 2 mins to warm through.</p> <p>4. Pour some of the gravy and onions onto one side of the ciabatta, add the meatballs and layer over the cheese. Add more onion gravy to melt the cheese. Serve with mixed leaves, if you like.</p>
4	Meatballs with fennel & balsamic beans & courgette noodles	<ul style="list-style-type: none"> • 400g lean beef steak mince • 2 tsp dried oregano • 1 large egg • 8 garlic cloves, 1 finely grated, the other sliced • 1-2 tbsp rapeseed oil • 1 fennel bulb, finely chopped, fronds reserved • 2 carrots, finely chopped • 500g carton passata • 4 tbsp balsamic vinegar • 600ml reduced-salt vegetable bouillon • For the courgette noodles • 1 tsp rapeseed oil • 1-2 large courgettes, cut into noodles with a julienne peeler or spiralizer • 350g frozen soya beans, thawed 	<p>1. Put the mince, oregano, egg and grated garlic in a bowl and grind in some black pepper. Mix together thoroughly and roll into 16 balls.</p> <p>2. Heat the oil in a large sauté pan over a medium-high heat, add the meatballs and fry, moving them around the pan so that they brown all over – be careful as they’re quite delicate and you don’t want them to break up. Once brown, remove them from the pan. Reduce the heat slightly and add the fennel, carrots and sliced garlic to the pan and fry, stirring until they soften, about 5 mins.</p> <p>3. Tip in the passata, balsamic vinegar and bouillon, stir well, then return the meatballs to the pan, cover and cook gently for 20-25 mins.</p> <p>4. Meanwhile, heat the 1 tsp of oil in a non-stick pan and stir-fry the courgette with the beans to heat through and soften. Serve with the meatballs and scatter with any fennel fronds.</p>