

No	Name of Food	Ingredients	Method
1	Green spaghetti & meatballs	<ul style="list-style-type: none"> • 500g lean pork mince • 1 apple, grated • 1 tsp fennel seeds • 1 tbsp oil • 250g-300g wholemeal spaghetti (for children, use white spaghetti as wholemeal can be too filling) • 200g baby spinach, plus extra to serve • 1 ripe avocado, stoned and peeled, plus extra to serve • small bunch basil • 100g frozen peas • 25g parmesan, grated, plus extra to serve 	<ol style="list-style-type: none"> 1. Mix the mince, apple and fennel seeds in a bowl. Divide and roll into 24 cherry tomato-sized balls. Heat the oil in a large frying pan. Cook the meatballs until golden brown and cooked through. Heat a large pan of water and cook the pasta following pack instructions. 2. Meanwhile, make the sauce. Set aside a handful of spinach, 4 tbsp peas and half the avocado for later. Pour hot water over the rest of the peas to defrost them, then drain well. Whizz the defrosted peas, spinach, avocado, basil and parmesan in a blender with 100ml pasta water, adding more if needed, to make sauce. Season well. 3. Add the reserved frozen peas to the pasta for the last min of cooking. Drain, saving some of the water, and tip the pasta into the meatball pan. Add the sauce and cook for a minute or 2 until hot, adding more seasoning or pasta water if you need to. Serve a salad of spinach and avocado on the side and top the pasta with extra parmesan for adults, if you like.
2	Malmö meatball subs	<ul style="list-style-type: none"> • 1-2 tbsp sunflower oil, for frying • 2 tbsp white wine vinegar • 1 tbsp golden caster sugar • 1/3 cucumber, thinly sliced • 1 tbsp chopped dill (optional) • 4 sub rolls, halved, or 1 long, thin baguette, cut into 5cm chunks • jar cranberry sauce <p>For the meatballs</p> <ul style="list-style-type: none"> • 300g pack pork mince • 50g breadcrumb • 1 tsp caraway or fennel seeds • 1 egg, beaten • 3 tbsp wholegrain mustard • 1 tbsp clear honey • good grating nutmeg 	<ol style="list-style-type: none"> 1. Mix all the meatball ingredients together with plenty of seasoning, then shape into walnut-sized balls. Freeze for 30 mins to firm up if the party is about to start, or chill in the fridge for up to 24 hrs. 2. Heat oven to 220C/200C fan/gas 7. Roll the meatballs in the oil in a baking tray, then roast for 20 mins until browned and cooked through. 3. When the meatballs are nearly ready, mix the vinegar and sugar in a mixing bowl to dissolve, then stir in the cucumber and dill, if using. 4. Split the baguette chunks, rolls or subs and spread with a little cranberry sauce. Add some cucumber and 2-3 meatballs, arrange on a platter and serve.
3	Spanish meatball &	<ul style="list-style-type: none"> • 350g lean pork mince • 2 tsp olive oil 	<ol style="list-style-type: none"> 1. Season the pork, working the seasoning in with your hands, then shape into small meatballs. Heat the oil in a large pan, add

	butter bean stew	<ul style="list-style-type: none"> • 1 large red onion, chopped • 2 peppers, sliced, any colour will do • 3 garlic cloves, crushed • 1 tbsp sweet smoked paprika • 2 x 400g cans chopped tomatoes • 400g can butter beans, drained • 2 tsp golden caster sugar • small bunch parsley, chopped • crusty bread, to serve (optional) 	<p>the meatballs and cook for 5 mins, until golden brown all over. Push to one side of the pan and add the onion and peppers. Cook for a further 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins.</p> <p>2. Uncover, stir in the beans, the sugar and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking, if you like.</p>
4	Moroccan meatball tagine with lemon & olives	<ul style="list-style-type: none"> • 3 onions, peeled • 500g minced lamb • zest and juice 1 unwaxed lemon, quartered • 1 tsp ground cumin • 1 tsp ground cinnamon • pinch cayenne pepper • small bunch flat-leaf parsley, chopped • 2 tbsp olive oil • thumb-sized piece ginger, peeled and grated • 1 red chilli, deseeded and finely chopped • pinch saffron strands • 250ml lamb stock • 1 tbsp tomato purée • 100g pitted black kalamata olive • small bunch coriander, chopped • couscous or fresh crusty bread, to serve 	<p>1. Put the onions in a food processor and blitz until finely chopped. Put the lamb, lemon zest, spices, parsley and half the onions in a large bowl, and season. Using your hands, mix until well combined, then shape into walnut-sized balls.</p> <p>2. Heat the oil in a large flameproof dish, or tagine with a lid, then add the remaining onions, ginger, chilli and saffron. Cook for 5 mins until the onion is softened and starting to colour. Add the lemon juice, stock, tomato purée and olives, then bring to the boil. Add the meatballs, one at a time, then reduce the heat, cover with the lid and cook for 20 mins, turning the meatballs a couple of times.</p> <p>3. Remove lid, then add the coriander and lemon wedges, tucking them in between the meatballs. Cook, uncovered, for a further 10 mins until the liquid has reduced and thickened slightly. Serve hot with couscous or fresh crusty bread.</p>
5	Lemony lamb meatballs	<ul style="list-style-type: none"> • 100g stale white bread, blitzed to crumbs • 100ml milk • 600g lamb mince • 2 fat lemons, zested • 2 garlic cloves, crushed • 1 tbsp ground cumin • 1/4 tsp ground cloves • small bunch coriander, stalks finely chopped and leaves picked 	<p>1. Put the breadcrumbs in a bowl and add the milk. Leave for 5 mins, or until the milk has been absorbed. Add the lamb, lemon zest, garlic, spices, coriander stalks and plenty of seasoning. Mix everything well with your hands, then shape into meatballs, it should make about 30. Cover and chill the meatballs for at least 30 mins, or up to 24 hrs.</p> <p>2. Heat the oil in a large frying pan, or two smaller ones. Cook the meatballs for 8-</p>

		<ul style="list-style-type: none"> • 2 tbsp olive oil • 250ml natural yogurt • 1/2 pomegranate, seeds removed 	<p>10 mins, rolling them around the pan until nicely browned on all sides and cooked through. To serve, arrange the meatballs on a platter. If the yogurt is quite thick, add a drop of water or lemon juice. Drizzle it over the meatballs, then scatter the pomegranate seeds and coriander leaves on top.</p>
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