

No	Name of Food	Ingredients	Method
1	Teriyaki pork meatballs	<ul style="list-style-type: none"> • 250g dried medium egg noodles • 12 fresh pork meatballs • 300g pak choi • 6 tbsp teriyaki sauce 	1. Cook the noodles following pack instructions. Add 2 tbsp sunflower oil to a frying pan over a medium heat. Fry the meatballs for 3 mins or until golden brown all over. Lower the heat and cook for 6 mins more. Quarter the pak choi, raise the heat, add the pak choi and cook for 3 mins. Stir through the teriyaki sauce and toss everything together with the drained noodles. Divide between bowls and serve.
2	Spicy meatball tagine with bulgur & chickpeas	<ul style="list-style-type: none"> • 2 onions, 1 quartered, 1 halved and sliced • 2 tbsp tomato purée • 2 garlic cloves • 1 egg • 1 tbsp chilli powder • 500g pack extra-lean beef mince • 2 tsp rapeseed oil • 4 large carrots, cut into batons • 1 tsp ground cumin • 2 tsp ground coriander • 400g can chopped tomatoes • 1 lemon, zest removed with a potato peeler, then chopped • 12 Kalamata olives, chopped • 1 tbsp vegetable bouillon powder • 1/3 pack fresh coriander, chopped • For the bulgur • 200g bulgur wheat • 400g can chickpeas • 2 tsp vegetable bouillon powder • 2 tsp ground coriander 	<ol style="list-style-type: none"> 1. Put the quartered onion in the food processor and process to finely chop it. Add the minced beef, 1 tbsp tomato purée, the garlic, egg and chilli powder and blitz to make a smoothish paste. Divide the mixture into 26 even-sized pieces and roll into balls. 2. Heat the oil in a large frying pan and cook the meatballs for about 5-10 mins to lightly brown them. Tip from the pan onto a plate. 3. Now add the sliced onion and carrots to the pan and stir fry briefly in the pan juices to soften them a little. Add the spices and pour in the tomatoes with 1 ½ cans of water then stir in the chopped lemon zest, remaining tomato purée, olives and bouillon powder. Return the meatballs to the pan then cover and cook for 15 mins until the carrots are just tender. Stir in the coriander. 4. While the tagine is cooking, tip the bulgur into a pan with the chickpeas and water from the can. Add 2 cans of water, the bouillon and coriander. Cover and cook for 10 mins until the bulgur is tender and the liquid had been absorbed. If you're doing the <u>Healthy Diet Plan</u>(serving two people), serve half with half of the tagine and chill the remainder for another night if you like.
3	Pheasant meatballs with orzo	<ul style="list-style-type: none"> • 1 shallot, roughly chopped • 1 garlic clove, roughly chopped • 150g leftover pheasant meat picked from the carcass (including skin and fat) 	1. To make the meatballs, put the shallot, garlic and pheasant into a blender and process until finely chopped. Add the breadcrumbs, lemon zest and juice, yogurt and egg and blitz once more, until the mixture is clumping together, then tip into a bowl. Add the pistachios and

		<ul style="list-style-type: none"> • 100g fresh breadcrumbs • zest and juice 1 lemon • 1 tbsp natural yogurt • 1 large egg • 2 tbsp pistachio nuts, chopped • 2 tbsp chopped flat-leaf parsley • small grating nutmeg • 3 tbsp olive oil, plus extra for greasing • 2 rosemary sprigs • 200g orzo • 80g baby spinach leaves • 4 tbsp crème fraîche • 20g finely grated parmesan, plus extra to serve 	<p>parsley, stir well and season with salt, pepper and nutmeg. Oil your hands and roll the mixture into golf ball-sized meatballs. Put in the fridge to chill.</p> <p>2. Heat oven to 180C/160C fan/gas 4. In a heavy-bottomed, non-stick frying pan or skillet, heat the olive oil and rosemary, and stir to infuse the oil, then add the meatballs and fry for 4-5 mins, turning them carefully to brown all over. Remove from the pan with a slotted spoon, retaining the rosemary oil, and transfer the meatballs to a roasting tin. Put them in the oven for 10 mins to heat through while you cook the pasta.</p> <p>3. Cook the orzo following pack instructions, and drain when al dente, reserving some of the water. Remove the sprigs of rosemary from the olive oil in the frying pan and tip in the pasta along with the spinach, stirring to coat in the infused oil. Warm gently over a low heat then stir in the crème fraîche and Parmesan, plus a little pasta water (or stock, if you have it). Season and divide between plates, topping with the meatballs. Serve with extra Parmesan, if you like.</p>
--	--	---	--