

Name of Food	Ingredients	Method
Lamb meatballs with watercress dressing	<ul style="list-style-type: none"> • 500g lamb mince • 100g feta, crumbled • 100g bag watercress • small pack mint, leaves picked and roughly chopped • 3 tbsp olive oil • 1 tbsp red wine vinegar • 300g couscous • 200g frozen peas • 100g pomegranate seeds, to serve • 100g natural yogurt, to serve 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Line a baking tray with parchment. Mix the lamb, feta and some seasoning in a large bowl. Roll the mince mixture into 20 walnut-sized balls. Put the meatballs on the prepared tray and bake in the oven for 20 mins until cooked through. 2. To make the dressing, whizz 25g of watercress, the mint, oil, vinegar and plenty of seasoning in a small food processor until smooth. Tip the couscous into a heatproof bowl and cover with 400ml boiling water. Cover with cling film and leave for 3-4 mins. Remove the cling film and fluff up with a fork. 3. Meanwhile, bring a small pan of water to the boil, add the peas and cook for 3 mins. Mix half the dressing, the peas and remaining watercress into the couscous. Top with the meatballs and serve with the remaining dressing, the pomegranate seeds and yogurt.