

No	Name of Food	Ingredients	Method
1	Meatballs with spaghetti	<ul style="list-style-type: none"> • pack of 8 good-quality sausages • 500g pack minced beef • 4 garlic cloves, crushed • small bunch fresh parsley, finely chopped • 3 tbsp dried breadcrumbs • 1 egg, lightly beaten • plain flour for rolling • 4 tbsp sunflower or vegetable oil • 2 x 400g cans chopped tomatoes • pinch sugar • 500g spaghetti • grated parmesan, to serve 	<ol style="list-style-type: none"> 1. Cut through the skin of each sausage and pull them off. Put the sausage meat into a large bowl with the mince. Add half the garlic, half the parsley, the breadcrumbs and egg, and mix well. Season generously with pepper and a little salt, and mix again. 2. Sprinkle a chopping board with flour. Scoop out level dessertspoons of the mix, dip them in the flour and roll them into balls. Heat 3 tbsp of the oil in a large frying pan or wok, then fry the meatballs in batches, browning them on all sides. Set aside on a plate. When you've fried all the meatballs, pour away any excess fat. Rinse and dry the pan. 3. Pour the remaining oil into the pan, heat for 1 min then add the remaining garlic and fry for a few seconds. Tip in the tomatoes and break them down with a fork or wooden spoon. Cook over a moderately high heat for 5 mins until jammy. Season with salt, pepper and a little sugar. 4. Tip in the meatballs and turn them over in the sauce, ensuring they're all covered. Cover the pan and cook the meatballs on a low heat for about 30 mins, spoon over the sauce occasionally and add a little water if it's becoming too dry. 15 mins before the end of the cooking time, cook the spaghetti. To serve, stir most of the remaining parsley into the sauce then spoon the meatballs and sauce over the spaghetti. Scatter with last of the parsley and serve Parmesan on the side.
2	Spicy meatballs with chilli black beans	<ul style="list-style-type: none"> • 1 red onion, halved and sliced • 2 garlic cloves, sliced • 1 large yellow pepper, quartered, deseeded and diced • 1 tsp ground cumin • 2-3 tsp chipotle chilli paste • 300ml reduced-salt chicken stock • 400g can cherry tomatoes 	<ol style="list-style-type: none"> 1. First make the meatballs. Tip the mince into a bowl, add the oats, spring onions, spices and the coriander stalks, then lightly knead the ingredients together until well mixed. Shape into 12 ping-pong- sized balls. Heat the oil in a non-stick frying pan, add the meatballs and cook, turning them frequently, until golden. Remove from the pan. 2. Tip the onion and garlic into the pan with the pepper and stir-fry until softened. Stir in the cumin and chilli paste, then pour in the stock. Return the meatballs to the pan and cook, covered, over a low heat for 10

		<ul style="list-style-type: none"> • 400g can black beans or red kidney beans, drained • 1 avocado, stoned, peeled and chopped • juice ½ lime <p>For the meatballs</p> <ul style="list-style-type: none"> • 500g pack turkey breast mince • 50g porridge oats • 2 spring onions, finely chopped • 1 tsp ground cumin • 1 tsp coriander • small bunch coriander, chopped, stalks and leaves kept separate • 1 tsp rapeseed oil 	<p>mins. Stir in the tomatoes and beans, and cook, uncovered, for a few mins more. Toss the avocado chunks in the lime juice and serve the meatballs topped with the avocado and coriander leaves.</p>
3	Pistachio lamb koftas with apricot relish	<ul style="list-style-type: none"> • 2 ½ tbsp olive oil • 3 red onions, 2 ½ thinly sliced, ½ grated • 400g lamb mince • 1 tbsp ras el hanout • 85g pistachios, roughly chopped • ½ small pack flat-leaf parsley, roughly chopped • 4 tbsp good-quality apricot jam • zest and juice 1 lemon • 2 carrots, cut into skinny matchsticks • 4 round wholemeal pitta breads, split and warmed • 4 tbsp Greek-style yogurt, to serve 	<ol style="list-style-type: none"> 1. Put 1 1/2 tbsp olive oil in a frying pan, add most of the sliced onions with some seasoning and cook over a medium heat for about 15 mins until soft and golden. 2. Meanwhile, heat the grill to high. In a large bowl, combine the mince, grated onion, ras el hanout, most of the pistachios, half of the parsley and some seasoning. Divide the mixture into 8 and shape into patties. Place on a baking tray and brush with 1/2 tbsp oil. Grill for about 10 mins, turning once, until browned and cooked through. 3. Add the apricot jam, a large pinch of zest and half the lemon juice to the cooked sliced onions, bubble down until thick, then set aside. To make the salad, mix the carrots, reserved sliced onions and remaining parsley in a bowl, then toss in the remaining lemon juice and olive oil and some seasoning. To serve, spoon the apricot relish into the pittas. Then add the koftas, salad, yogurt and remaining pistachios. Alternatively, serve the pittas open with the filling piled on top.