

No	Name of Food	Ingredients	Method
1	Baked turkey meatballs with broccoli & crispy potatoes	<ul style="list-style-type: none"> <li>• 1 onion, grated</li> <li>• 1 large carrot, grated</li> <li>• 3 garlic cloves, crushed</li> <li>• 1 tbsp rosemary leaves, chopped</li> <li>• 350g pack turkey mince</li> <li>• 4 large potatoes, skin on and cut into small cubes</li> <li>• 1 tbsp olive oil</li> <li>• 400g can cherry tomato</li> <li>• 2 tbsp grated parmesan</li> <li>• 350g thin-stemmed broccoli</li> <li>• bunch basil leaves, shredded</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 220C/200C fan/gas 7. In a large bowl, combine the onion, carrot, half the garlic and half the rosemary with the turkey and some seasoning. Shape into 16 meatballs and put in a small baking tray. Toss the potatoes with the remaining garlic, rosemary and the oil, place in a baking tray, then cook both for 20 mins, with the potatoes on top shelf.</li> <li>2. After 20 mins, drain juices off the meatballs, pour cherry tomatoes over, sprinkle with the Parmesan and season. Toss the potatoes, and swap to bottom shelf with the potatoes on top. Cook for another 20 mins until the potatoes are crisp and the meatball sauce is bubbling.</li> <li>3. When the potatoes and meatballs are almost done, cook the broccoli for 3-4 mins, until tender. Sprinkle the basil on top of the meatballs and serve with the crispy potatoes and broccoli.</li> </ol>
2	Oriental pork balls in hoisin broth	<ul style="list-style-type: none"> <li>• 500g pack lean pork mince</li> <li>• 2 tbsp soy sauce</li> <li>• 2 tbsp cornflour</li> <li>• 1 tsp Chinese five-spice powder</li> <li>• 225g can water chestnut, drained, half finely chopped, half sliced</li> <li>• 500ml chicken stock</li> <li>• 3 tbsp hoisin sauce</li> <li>• thumb-sized piece ginger, shredded</li> <li>• 2 large carrots, shaved into strips with a potato peeler</li> <li>• 8 Chinese leaves, thick part sliced, leaves shredded</li> <li>• 300g pack beansprout</li> <li>• bunch spring onions, cut into lengths, plus a few tops chopped to serve</li> </ul>	<ol style="list-style-type: none"> <li>1. Tip the mince into a bowl with the soy, cornflour, five-spice, chopped water chestnuts and some black pepper. Work everything together, then shape into 12 meatballs.</li> <li>2. Pour the stock into a wide, deep pan and stir in the hoisin and ginger. Add the meatballs, then cover and poach for 5 mins. Drop in the carrots, Chinese leaves, beansprouts, spring onions and sliced chestnuts, then put on the lid and simmer for 5 mins. Ladle into bowls, then serve scattered with spring onion tops.</li> </ol>
3	Turkey patty & roasted root salad with Parmesan dressing	<ul style="list-style-type: none"> <li>• 3 large carrots, cut into chunky batons</li> <li>• 1 large potato, cut into chunky batons</li> <li>• ½ celeriac, cut into chunky batons</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 220C/200C fan/gas 7. Put the carrots, potato and celeriac in a roasting dish. Pour over half the olive oil and some seasoning, then cook for 45-50 mins, turning occasionally, until tender and golden.</li> </ol>

		<ul style="list-style-type: none"> <li>• 4 tbsp olive oil, plus extra for brushing</li> <li>• 2 tbsp finely grated parmesan</li> <li>• 2 tsp white wine vinegar</li> <li>• 1 tsp Dijon mustard</li> <li>• 1 tbsp natural yogurt</li> </ul> <p>For the turkey patties</p> <ul style="list-style-type: none"> <li>• 400g turkey mince</li> <li>• 2 tbsp chopped basil leaf</li> <li>• 1 tsp fennel seed, crushed</li> <li>• 110g bag watercress, spinach and rocket salad, to serve</li> </ul>	<p>2. Meanwhile, make the patties. Put the mince, basil and fennel seeds in a bowl, add some seasoning and shape into little patties. Heat a griddle pan to hot, brush the patties with oil and cook for 5-6 mins on each side, or until cooked through.</p> <p>3. To make the dressing, mix the remaining oil, Parmesan, vinegar, mustard and yogurt with some seasoning. Lay the roasted veg and patties over the salad, then drizzle over the dressing and serve.</p>
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