

Name of Food	Ingredients	Method
Moroccan meatballs with eggs	<ul style="list-style-type: none"> <li>• 1 onion, finely chopped</li> <li>• 3 tbsp olive oil</li> <li>• 50g fresh breadcrumbs</li> <li>• 250g pack lean lamb mince</li> <li>• ½ tsp ground cinnamon</li> <li>• 5 eggs</li> <li>• 2 garlic cloves, sliced</li> <li>• 1 courgette, thickly sliced</li> <li>• 2 x 400g cans chopped tomatoes</li> <li>• 2 tsp honey</li> <li>• ½-1 tsp ras el hanout spice mix</li> <li>• 20g bunch coriander, mostly chopped</li> <li>• 400g can chickpeas, rinsed and drained</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry the onion in 1 tbsp oil until soft, then allow to cool. Mix with the breadcrumbs, mince, cinnamon, 1 egg, ½ tsp salt and lots of pepper, then shape into about 24 meatballs with wet hands. Fry in the remaining oil in a shallow pan for about 8 mins, moving them round until evenly browned. Lift out and set aside.</li> <li>2. Add the garlic to the oil left in the pan and fry until softened. Add the courgette, fry for 1-2 mins, then tip in the tomatoes, honey, ras el hanout, three-quarters of the coriander, seasoning and a couple of tbsp water. Stir and cook until pulpy.</li> <li>1. Stir in the chickpeas and add the meatballs. Make 4 hollows in the sauce, then break in the remaining eggs. Cover and cook for 4-8 mins over a low heat until the eggs are set. Scatter with coriander and serve straight from the pan with crusty bread for scooping up the sauce.</li> </ol>