

No	Name of Food	Ingredients	Method
1	Lighter spaghetti & meatballs	<ul style="list-style-type: none"> • 1 tsp rapeseed oil • 280g spaghetti <p>For the meatballs</p> <ul style="list-style-type: none"> • 200g green lentils (well drained weight from a 400g can) • 250g lean minced pork (max 8% fat) • ½ tsp finely chopped rosemary • ½ tsp Dijon mustard • 1 garlic clove, crushed <p>For the sauce</p> <ul style="list-style-type: none"> • 1 tbsp rapeseed oil • 2 shallots, finely chopped • 2 garlic cloves, finely chopped • 500g cherry tomatoes, preferably on the vine, halved • 2 tsp tomato purée • pinch of chilli flakes • 2 tbsp chopped oregano, plus a few chopped leaves to garnish 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. Line a baking sheet with foil and brush with 1 tsp oil. Mash the lentils in a bowl with the back of a fork to break down a bit, but not completely. Stir in the pork, rosemary, mustard, garlic, some pepper to generously season, and mix well with the fork to distribute the lentils evenly. Divide the mixture into 4. Form each quarter into 5 small balls – to give you 20 in total – squeezing the mixture together well as you shape it. Lay the meatballs on the foil and roll them around in the oil to coat all over. Bake for 15 mins until cooked and lightly browned. Remove (leave the oven on) and set aside. 2. While the meatballs cook, heat 2 tsp of the oil for the sauce in a large non-stick frying pan. Tip in the shallots and garlic, and fry on a medium heat for 3-4 mins until softened and tinged brown. Pour in the remaining 1 tsp oil, lay the tomatoes in the pan so most of them are cut-side down (to help release the juices), raise the heat and fry them for 3-4 mins or until the tomatoes are starting to soften and release their juices. Don't stir, or they may lose their shape. Splash in 125-150ml water so it all bubbles, and gently mix in the tomato purée. Lower the heat and simmer for 2 mins to create a juicy, chunky sauce. Season with the chilli flakes, oregano, pepper and a pinch of salt, and give it a quick stir, adding a drop more water if needed – you want it thick enough to coat the meatballs. 3. Pour the sauce into a casserole dish, add the meatballs and spoon the sauce over them to coat. Cover with foil and bake for 10 mins while you cook the spaghetti. 4. Boil a large saucepan of water. Add the spaghetti, stir and bring back to the boil. Cook for 10-12 mins, or following pack instructions, until al dente. Drain well, season with pepper and serve with the meatballs, sauce and a light sprinkling of oregano.
2	Venison meatball & wild	<ul style="list-style-type: none"> • 1 onion, finely chopped • 2 garlic cloves, crushed 	<ol style="list-style-type: none"> 1. Gently cook the onion and garlic in 1 tbsp oil until really soft. Cool for 10 mins, then tip into a big bowl with the finely

	mushroom stroganoff	<ul style="list-style-type: none"> • 2 tbsp sunflower oil • small bunch dill, roughly chopped plus 1 tbsp finely chopped • 2 tbsp wholegrain mustard • 400g venison mince • 100g fresh white breadcrumbs • 1 medium egg, beaten • 25g butter • 400g wild mushrooms, larger ones sliced • ½ tsp smoked paprika • 1 tbsp plain flour • 400g beef stock • 150ml brandy • 2 tsp Dijon mustard • 1 tbsp tomato purée • 300ml pot soured cream • pinch of sugar (optional) • buttered tagliatelle, rice or sautéed potatoes, to serve 	<p>chopped dill, 1 tbsp of the wholegrain mustard, the venison, breadcrumbs and egg with 1 tsp salt and ½ tsp ground black pepper. Squelch together with your hands, squeezing the mince well to tenderise it as you mix.</p> <ol style="list-style-type: none"> 2. Heat the remaining oil in a large frying pan or sauté pan and fry the meatballs in small batches until well browned – add a splash more oil if needed towards the end. Set aside the meatballs in a dish. 3. Add the butter to the pan and fry the mushrooms over a very high heat until the juices have evaporated and the mushrooms are turning golden. Lower the heat and stir in the paprika and flour for 1 min. 4. Stir in the stock and brandy, and bring to a simmer, scraping up any bits stuck in the pan. Lift out the mushrooms with a slotted spoon to a dish. Boil the sauce for 3 mins, then stir in the remaining 1 tbsp wholegrain mustard, the Dijon mustard, tomato purée and soured cream. Simmer the sauce until it has reduced again and is a good consistency – anything up to 15 mins depending on your pan. Return the meatballs and any juice and simmer gently until they are cooked through. Stir in the mushrooms to warm through, and season to taste, plus a pinch of sugar if needed. Scatter with the remaining dill and eat with buttered tagliatelle, rice or sautéed potatoes.
3	Meatball stroganoff	<ul style="list-style-type: none"> • 500g beef mince • drizzle of oil • 1 red onion, sliced • 2 garlic cloves, crushed • 200g pack small button mushrooms, sliced • 2 tbsp tomato purée • 1 tbsp sweet paprika • 1 tbsp plain flour • 1 beef stock cube, made up to 300ml stock • 150ml pot soured cream • small pack parsley, chopped • rice, mashed potato or tagliatelle, to serve 	<ol style="list-style-type: none"> 1. Season the beef and shape into walnut-sized meatballs. Heat the oil in a pan and cook the meatballs until brown on all sides. Scoop out of the pan and set aside. Add the onion to the pan and cook for a few mins to soften. Add the garlic and mushrooms, and fry for a few mins until the mushrooms soften and start to brown a little. Stir in the tomato purée, paprika and flour for 1 min, then add the stock, bit by bit, to make a smooth sauce. Return the meatballs to the pan, cover and simmer gently for 15 mins or until the meatballs are cooked through. 2. Stir in the soured cream and most of the parsley, and season to taste. Serve

			scattered with the remaining parsley, with rice, mashed potato or tagliatelle.
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