

No	Name of Food	Ingredients	Method
1	Pork & pepper meatballs on parsnip mash	<ul style="list-style-type: none"> • ¼ tsp cinnamon • 1 tsp smoked paprika • 1 red pepper, chopped • 2 garlic cloves, crushed • 1 tsp oregano • 1 wholemeal pitta bread, torn into pieces • 250g lean pork mince • 1 egg, beaten • 2 tsp olive oil • 3 parsnips, peeled and chopped • 140g passata • 1 tbsp flat-leaf parsley, chopped 	<ol style="list-style-type: none"> 1. Heat oven to 190C/170C fan/gas 5. In the small bowl of a food processor, put the cinnamon, half the paprika, the pepper, 1 garlic clove, the oregano and torn pitta. Blitz until very finely chopped, then tip into a large bowl and add the mince and the egg, and season well. Rub 1 tsp of the oil over a large baking sheet. Squish the pork and pepper mixture together with your hands, shape into 8 meatballs and place evenly spaced on the prepared baking sheet. 2. Bake the meatballs for 20 mins or until cooked through and lightly golden. Meanwhile, cook the parsnips in a pan of boiling water over a high heat for 15 mins, then drain and mash with some seasoning, keeping warm until needed. 3. For a quick tomato sauce, put the remaining crushed garlic and paprika in a small saucepan with the passata and cook over a medium heat for 5 mins, until thickened a little. To serve, divide the parsnip mash between the plates, tip the meatballs into the pan with the sauce and stir to coat them, then pile everything on top of the mash. Scatter over the parsley and drizzle with the remaining olive oil. Serve immediately.
2	Cooking with kids: Spaghetti & meatballs with hidden veg sauce	<p>For the meatballs</p> <ul style="list-style-type: none"> • 300g good quality pork sausage (about 4 large or 8 chipolatas) • 500g lean beef mince • 1 small onion, coarsely grated • 1 carrot, finely grated • 1 tbsp dried oregano • 50g parmesan, finely grated, plus extra to serve • 1 medium egg • 1 tbsp olive oil <p>For the tomato sauce</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 1 courgette, coarsely grated • 3 garlic cloves, finely grated • 1 tbsp tomato purée 	<ol style="list-style-type: none"> 1. Children: Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix. 2. Children: Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division. 3. Grown ups: While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min

		<ul style="list-style-type: none"> • pinch caster sugar • splash red wine vinegar • 2x 400g tins chopped tomato <p>To serve</p> <ul style="list-style-type: none"> • cooked spaghetti 	<p>then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if, like mine, they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.</p> <p>4. Grown ups: Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn.</p>
3	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 	<p>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.</p> <p>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.</p> <p>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.</p>