

No	Name of Food	Ingredients	Method
1	Chicken meatballs with quinoa & curried cauliflower	<ul style="list-style-type: none"> • 250g chicken mince • 1 garlic clove, finely chopped • 1 tsp turmeric • pinch of cumin • pinch of cinnamon • handful dill, finely chopped • 2 spring onions, finely chopped <p>For the quinoa & curried cauliflower</p> <ul style="list-style-type: none"> • 50g quinoa • 4 cauliflower florets • 25g sweet potato, chopped • 1 tbsp olive oil • 1 tbsp medium curry powder • 1 tsp pistachios, chopped • 1 tsp sultanas • ½ lime, juiced 	<ol style="list-style-type: none"> 1. For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins. 2. For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins. 3. Put the cauliflower and sweet potato in a roasting tin and toss in the oil and curry powder. Put the meatballs in a separate tin. Cook both in the oven for 15 mins or until cooked through. 4. Mix the quinoa with the cauliflower, sweet potato, pistachios and sultanas, squeeze over the lime juice, then serve with the meatballs.