

No	Name of Food	Ingredients	Method
1	Springtime spaghetti & meatballs	<ul style="list-style-type: none"> <li>• 400g pork mince</li> <li>• 1 small onion, grated</li> <li>• 4 garlic cloves, crushed</li> <li>• zest ½ lemon</li> <li>• 50g grated parmesan</li> <li>• 1 tbsp olive oil</li> <li>• 400g spaghetti</li> <li>• 150ml double cream</li> <li>• 200g fresh or frozen pea, defrosted if frozen</li> <li>• handful parsley, roughly chopped</li> </ul>	<ol style="list-style-type: none"> <li>1. Mix the mince, onion, garlic and zest with half the Parmesan and some seasoning, then shape into 16 walnut-sized meatballs. Heat the oil in a non-stick pan and fry the meatballs for 10-12 mins until golden.</li> <li>2. Meanwhile, cook the pasta following pack instructions, drain and reserve 150ml of the cooking liquid. Add the cream and 100ml pasta water to the meatballs, scraping the bottom of the pan to get all the sticky bits off. Bubble until thick and the meatballs are cooked through.</li> <li>3. Add the peas, cook for a further 2 mins, then add the parsley. Stir through the pasta with a splash more pasta water to make the whole thing saucy. Sprinkle over the remaining Parmesan and serve.</li> </ol>
2	Meatballs with spicy chipotle tomato sauce	<ul style="list-style-type: none"> <li>• 500g pork mince</li> <li>• 2 large handfuls fresh breadcrumbs</li> <li>• 1 egg</li> <li>• 2 medium red onions, ¼ finely chopped, the rest sliced</li> <li>• small bunch coriander leaves and stems, finely chopped, plus extra leaves to serve</li> <li>• 2 tbsp vegetable oil</li> <li>• 2 garlic cloves, chopped</li> <li>• 400ml passata</li> <li>• 1 tbsp chipotle paste</li> <li>• potatoes or rice, to serve</li> </ul>	<ol style="list-style-type: none"> <li>1. In a small bowl, mix together the pork, breadcrumbs, egg, finely chopped onions and the chopped coriander leaves. Season, mix well and shape into small meatballs. Over a medium heat, add 1 tbsp of the oil to a large frying pan and brown the meatballs on all sides, then remove from the pan and set aside.</li> <li>2. Add the remaining oil, sliced onion, garlic, coriander stems and some salt. Cook for 5 mins, then add the passata and chipotle paste. Pour in 100ml water and stir well, then simmer for 10 mins before adding the meatballs and cooking for a further 5 mins. Serve with potatoes or rice and scatter with the extra coriander leaves.</li> </ol>
3	Classic Swedish meatballs	<ul style="list-style-type: none"> <li>• 400g lean pork mince</li> <li>• 1 egg, beaten</li> <li>• 1 small onion, finely chopped or grated</li> <li>• 85g fresh white breadcrumbs</li> <li>• 1 tbsp finely chopped dill, plus extra to serve</li> <li>• 1 tbsp each olive oil and butter</li> <li>• 2 tbsp plain flour</li> <li>• 400ml hot beef stock (from a cube is fine)</li> </ul>	<ol style="list-style-type: none"> <li>1. In a bowl, mix the mince with the egg, onion, breadcrumbs, dill and seasoning. Form into small meatballs about the size of walnuts – you should get about 20.</li> <li>2. Heat the olive oil in a large non-stick frying pan and brown the meatballs. You may have to do this in 2 batches. Remove from pan, melt the butter, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and heat through. Sprinkle with dill and serve with cranberry jelly, greens and mash.</li> </ol>

4	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>
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