

No	Name of Food	Ingredients	Method
1	Fragrant pork & rice one-pot	<ul style="list-style-type: none"> • 4-6 good-quality sausages • 1 tbsp olive oil • ½ onion, finely chopped • 2 garlic cloves, crushed • 2 tsp each ground cumin and coriander • 140g long grain rice • 850ml vegetable stock • 400g can chopped tomato • ½ small bunch coriander, leaves picked 	<ol style="list-style-type: none"> 1. Split the sausage skins, squeeze out the meat, then roll it into small meatballs about the size of a large olive. Heat the oil in a large non-stick saucepan, then brown the meatballs well on all sides until cooked – you might need to do this in batches. Set the meatballs aside. 2. Add the onion and garlic to the pan. Soften for 5 mins, stir in the spices and rice, then cook for another min. Pour in the stock and tomatoes. Bring to a simmer, scraping up any sausagey bits from the bottom of the pan. Simmer for 10 mins until the rice is just cooked, then stir in the meatballs with some seasoning. Ladle into bowls, scatter with coriander and serve with crusty bread.
2	Fruity pork meatballs Fruity pork meatballs	<ul style="list-style-type: none"> • 300g pack meatball (we like Waitrose organic) • 3 tbsp caramelised onion marmalade or onion chutney • 300g vegetable stock • 2 red apples, cored and thickly sliced 	<ol style="list-style-type: none"> 1. In a large, non-stick frying pan, brown the meatballs for 2 mins over a high heat. Stir in the onion marmalade, stock and apples, then bring to the boil. 2. Simmer for about 15 mins until the apples and pork are cooked and the sauce has thickened. Spoon the meatballs and sauce over mash or a jacket potato.
3	Speedy Moroccan meatballs	<ul style="list-style-type: none"> • 1 tbsp olive oil • 350g pack ready-made beef or chicken meatballs (approx 16) • 1 large onion, sliced • 100g dried apricot, halved • 1 small cinnamon stick • 400g tin chopped tomato with garlic • 25g toasted flaked almond • handful coriander, roughly chopped 	<ol style="list-style-type: none"> 1. Heat the oil in a large deep frying pan, then fry the meatballs for 10 mins, turning occasionally until cooked through. Scoop out of the pan and set aside, then cook the onion for 5 mins, until softened. 2. Add the dried apricots, cinnamon stick, tomatoes and half a can of water to the pan, then bring to the boil and simmer for 10 mins. Remove the cinnamon stick. Return the meatballs to the pan and coat well with the tomato sauce. Serve sprinkled with the almonds and coriander.