

Turkey Meatballs

Serves 4

Ingredients

For the meatballs

- 400g pack lean turkey breast mince
- 4 tbsp porridge oats
- crushed 1 garlic clove , crushed
- Drizzle of olive oil
- 1 tsp fennel seeds (Optional)

Homemade Tomato Sauce

- 1 tablespoon olive oil
- 1 large onion
- 2 cloves garlic
- 1 tin chopped tomatoes
- 2 tbsp tomato puree
- 1 tsp mixed herbs
- Handful chopped parsley (optional)

Method

For the sauce

1. Peel and chop onion into small pieces.
 2. Heat oil over a medium heat in pan, add onions and cook until soft.
 3. Meanwhile, peel, chop and crush garlic. Add to onions. Cook for a couple of minutes.
 4. Add the tomatoes and puree and simmer for at least 15 minutes.
- You can then blend the sauce to make it completely smooth if you like.

For the meatballs

1. Tip the mince into a large bowl. Add the oats, fennel seeds and leaves, the garlic and plenty of black pepper, and mix in with your hands. Lightly shape into 25 meatballs about the size of a walnut.
2. Drizzle the pan with a little oil and gently cook the meatballs until they take on a little colour.
3. Give the sauce a stir, then add the meatballs and parsley. Cover and cook for 10 mins until they are cooked through and the veg in the sauce is tender.



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Top tip

These meatballs freeze well. Make a batch and vary the meals by serving with pasta and salad or baby potatoes and green leafy vegetables or broccoli.

Rapeseed Oil vs Olive Oil

Our recipes use olive oil, but rapeseed is also a good healthy option. Look out for differences in prices. Some supermarket oils are blended, which makes them cheaper. Both contain omegas 3, 6 and 9 and essential fatty acids . Each oil has a different flavour. Rapeseed has a slightly 'nutty' flavour, whereas olive oil could be described as 'fruity'.



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Tinned Peach Crumble

Serves 4

Ingredients

1 x 400g tinned peach slices
75g sugar 75g butter / spreadable butter
50g porridge oats
50g ground almonds
65g plain flour

Optional

Juice of ½ lemon



Method

1. Preheat the oven to 180°C, Gas mark 4.
2. Tip the fruit slices into an ovenproof dish along with a little of the juice/syrup. Squeeze over the lemon juice too if you like—it's not an essential ingredient, but does cut through the sweetness of the peaches.
3. Put the flour, almonds, sugar and butter into a bowl and rub together with your fingers until the mixture resembles breadcrumbs. Then stir in the oats.
4. Sprinkle the crumble topping evenly over the fruit.
5. Cook in the oven for 30 minutes or until bubbling and golden on top.
6. Serve the crumble with some yoghurt or custard.

Nuts are really good for your physical and mental health and also make the crumble extra tasty. However, if you really don't like nuts (or if you are allergic of course!) just leave them out and add a little more flour.

Try sprinkling the top with pumpkin seeds, sunflower seeds and flaked almonds. These will add extra crunch to your crumble and are also full of essential fats which are good for you.

You don't have to use peaches, or tinned fruit at all, but tinned fruit is cheap and always useful to have in the store cupboard!

Apples, pears, rhubarb and apricots all make for delicious crumble fillings.