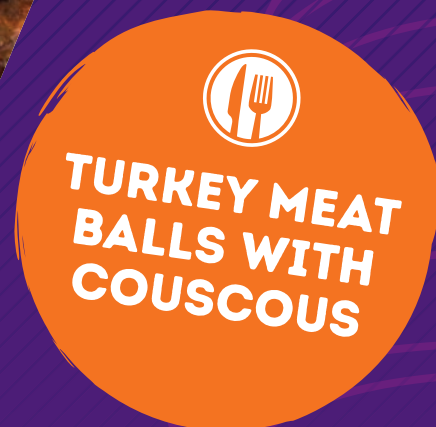


WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

TURKEY MEAT BALLS WITH COUSCOUS (DINNER)

INGREDIENTS (SERVES 4)

500g turkey mince	1 tbsp Worcestershire sauce
1 onion, finely diced	1 tbsp olive oil or rapeseed oil
2 tsp chili powder	200g couscous
2 tsp ground cumin	1 red pepper, very finely diced
1 tin chopped tomatoes	1 tsp extra virgin olive oil
2 tbsp tomato puree	200ml vegetable stock/1 stock cube
1 small bunch fresh coriander, finely chopped	Salt and pepper

METHOD

1. Place mince, onions, chili and cumin in a bowl and mix well. Roll into bite size balls.
2. In a bowl, pour the stock over the couscous and cover for 10 minutes.
3. Heat oil in a frying pan and cook the meat balls until brown and cooked through, then add tinned tomatoes, Worcestershire sauce and tomato puree, heat and mix well.
4. Stir up the couscous and add in the diced pepper, coriander and extra virgin olive oil. Season with salt and pepper.
5. To serve, plate up the couscous alongside the meat balls in tomato sauce.