

BACON SWIRLS

- 1 sheet of ready rolled puff pastry
- 200g streaky bacon
- 100g cheddar cheese
- Water to seal

Method

1. Preheat the oven to 220°C, Fan 200°C, Gas Mark 7.
2. Line a baking sheet with greaseproof paper.
3. With a pair of kitchen scissors, snip the bacon into small pieces. Grate the cheese.
4. Unroll the pastry with the long edges facing towards you, sprinkle the bacon and cheese over the pastry leaving a 2cm gap at the nearest long edge.
5. Brush the clear edge with a little water. Roll the pastry from the farthest edge towards you (like a swiss roll) sealing the filling inside. Press the end of the roll against the dampened pastry edge to seal.
6. Divide the pastry roll into equal pieces about 2.5cm wide. Place the swirls on the baking sheet making sure that there is plenty of room between each for the pastry to expand.
7. Bake for 10-15 minutes until cooked, puffed up and golden.

SWEET & SOUR PORK MINCE BALLS

Mince balls

- 1lb (450g) lean mince pork
- 2tbsp (30ml) tomato ketchup
- Black pepper

Sweet and sour sauce

- 1 onion, chopped
- 1 red pepper, chopped

- 5oz (150g) baby sweetcorn, cut in half
- 1x 430g canned pineapple pieces in natural juice
- 2tbsp (30ml) mango chutney
- 1tbsp (15ml) Worcestershire sauce
- 2tbsp (30ml) tomato purée
- 4oz (100g) frozen peas

Method

1. Mix the lean minced pork with tomato ketchup and season with black pepper.
2. Shape into 12 meatballs and dry fry in a large lidded non-stick pan for 4-5 minutes until browned.
3. For the sauce: Gently mix all the ingredients (except peas), cover and simmer for 15-20 minutes.
4. During the last 5 minutes, add the frozen peas and stir through.
5. Serving suggestions: Serve with spaghetti, rice or noodles, and perhaps extra peas.

