

Cauliflower slaw

110g cauliflower

30mls mayonnaise

30 mls creme fraiche orvsour cream

¼ tsp dijon mustard

¼ tsp fennel seeds or dill

¼ tsp minced garlic (I used dried minced garlic)

Salt & pepper to season.

Method

- 1) Chop the cauliflower into chunks then slice thinly preferably with a mandoline or food processor. The thinner it is the better.
- 2) Put all the other ingredients in a bowl and mix. Season.
- 3) Add the shredded cauliflower and mix.

Cabbage works too.

Meatballs

175g minced beef

Small onion finely chopped

15g grated parmesan

¼ tsp tomato puree

¼ tsp Italian herbs/seasoning

¼ tsp minced garlic

Salt & pepper to season

Melted butter

15g cheddar cheese slices

Method

- 1) Pre heat oven to 430F 225C
- 2) Grease a muffin tray with the butter

- 3) Mix all the other ingredients EXCEPT the cheese slices to make the meatballs. These quantities are for one person. Allows for 3 meatballs per person.
- 4) Put the shaped meatballs into the wells in the muffin tray. Pop in the oven and cook for 15 mins.
- 5) Remove from oven and top each meatball with enough of the cheddar cheese to cover the top. Return to the oven for another 5 mins.
- 6) Serve with the slaw and add a salad if you wish.

Meatballs should be about 2 ins diameter.