

# Lunchbox Laughter Lovely Leftovers



## Marvellous Meatballs (Serves 2)

### Ingredients

200g cooked beef mince  
1 teaspoon mixed herbs  
1 egg  
Black pepper  
1 teaspoon olive oil

### Equipment

Food processor, frying pan, hob

### Method

1. Place the beef into the food processor and pulse until smooth. Add the egg, herbs and pepper and process until well combined
2. Using wet hands, separate the mixture into small balls and fry in a little olive oil until browned
3. Place the meatballs in a plastic container and chill until serving
4. Serve with reduced sugar and salt ketchup

This recipe can be adapted to use any type of mince, try lamb mince with a tzatziki style dip, turkey mince with tomato chutney or pork mince with an apple sauce dip.

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
	<b>MEDIUM</b>	<b>MEDIUM</b>	<b>LOW</b>	<b>MEDIUM</b>
<b>Kcal</b>	<b>13</b>	<b>3.7</b>	<b>0.7</b>	<b>1</b>

## Leek and Potato Soup (Serves 3)

### Ingredients

200g leftover mashed potato  
4 leeks (sliced)  
1 tablespoon olive oil  
750ml low salt vegetable stock  
250ml milk  
Chopped parsley

### Equipment

Saucepan, hob, knife, chopping board, blender

### Method

1. Heat the olive oil in the saucepan and fry the leek over a very low heat for around 10 minutes, add the mashed potato and fry for a further 5 minutes
2. Add the stock and milk, bring to the boil and then simmer for around 20 minutes
3. Remove the soup from the heat, leave to cool a little and then blend until smooth
4. Stir through chopped parsley and pour into a flask to keep warm
5. Serve with a crusty wholemeal roll

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
<b>169</b>	<b>MEDIUM</b>	<b>LOW</b>	<b>MEDIUM</b>	<b>MEDIUM</b>
<b>Kcal</b>	<b>8.4</b>	<b>2.1</b>	<b>7.5</b>	<b>0.6</b>

## Quick Tomato Pasta (Serves 2)

### Ingredients

100g cooked pasta  
4 ripe tomatoes  
Basil  
1 teaspoon olive oil

### Equipment

Hob, saucepan, chopping board, knife

### Method

1. Finally chop the tomatoes and basil
2. Heat the olive oil in the saucepan, add the tomatoes and basil and cook for a few minutes until the tomatoes begin to soften
3. Add the pasta, stir well to coat and transfer to a container

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
<b>128</b>	<b>MEDIUM</b>	<b>LOW</b>	<b>LOW</b>	<b>LOW</b>
<b>Kcal</b>	<b>3.7</b>	<b>0.7</b>	<b>4.9</b>	<b>0.05</b>