

Unscramble

HOW many words can you make out of these nine letters? Every word needs to include the centre letter, have four letters or more and not be a proper noun or a plural. You can only use each letter once.

T	A	D
E	B	O
A	R	M

Good – 29 words
Very good – 43 words
Excellent – 57 words

NOTE: We've used Chambers Dictionary to decide what words are acceptable.

Where in the world?



THESE very cute coloured houses are iconic to the Scandinavian regions of the world as many of the buildings were made with wood, which lasts

longer when painted.

These houses are located in a country that is generally not often visited - to see this place you'd need to go on a cruise.

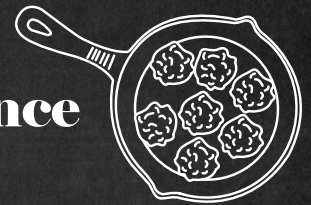
ANSWERS 19 JUN

Pub quiz: 1 True, 2 Spain, 3 Dominican Republic, 4 Sri Lanka, 5 St Petersburg, Russia, 6 Saudi Arabia, 7 New Zealand, 8 Perth, 9 a) Emerald, 10 Alabama, 11 Singapore (sing + ah + poor)

Whose flag is this: Montenegro

2	9	3	5	1	7	6	4	8
8	5	7	4	3	6	1	9	2
6	1	4	8	2	9	7	3	5
4	7	9	2	6	5	8	1	3
5	2	1	3	7	8	9	6	4
3	6	8	9	4	1	2	5	7
7	4	2	6	9	3	5	8	1
9	3	5	1	8	2	4	7	6
1	8	6	7	5	4	3	2	9

Travel the world with mince and meatballs



SOMETIMES we can travel the world with mince just from what's in the fridge.

This week a couple of home grown recipes. My 'made up' chicken meatball minestrone –

because I had leftover chicken from one of those bulk packs!

xx *Jenny*

Jenny Piper
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'Whatever is in the Fridge' Meatball Minestrone

INGREDIENTS

- 1 onion, diced
- 1 carrot, diced
- 2 celery sticks, diced
- 2 rashers bacon, chop into small pieces
- 1 garlic clove, crushed
- 1 tbsp oil
- 400g tin chopped tomatoes
- 1 ½ tbsp tomato paste
- 2 cups water or stock
- 2 stock cubes (if using water)
- Any other veggies you want to use up – mushrooms, zucchini, green beans or add a tin of beans
- Fresh or dried herbs – basil, oregano
- Parmesan to serve

MEATBALLS

- Salt & pepper to taste
- Any mince – I used 1 large chicken breast. Made into mince in the food processor.
- Breadcrumbs – maybe ½ cup depending on how much mince you have.
- Garlic - optional
- Shake of herbs – I used Italian mixed blend
- 1 tsp pesto (obsessed with pesto so always in the fridge)
- 1 egg beaten – may not need it all, don't want the mix to be too wet

METHOD

To make the meatballs: place all the ingredients in a bowl except egg. Add enough beaten egg to help bind all the ingredients, you don't want it too moist as it's hard to make into balls.

Make mini meatballs and pan fry until browned on all sides. They don't need to be cooked through.

For the soup:

Place oil in saucepan. Cook onion, carrot and celery until beginning to soften. Add bacon and garlic and cook until bacon starting to brown. Add tin of tomatoes, tomato paste, herbs and stock. Bring to the boil. Simmer for 10 minutes. Then add veggies and meatballs, cook until veggies at tenderness you like. Season with salt and pepper. If you want it a little heartier you can add pasta, risotto or pearl barley with the vegetable and cook until its cooked through. You will need to increase the amount of liquid if adding these.

Serve with some parmesan on top.