

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	O
A	P	N
M	R	U

Good – 17 words
Very good – 25 words
Excellent – 33 words

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

Pub quiz

- Where would one find the city of Taipei?
- In which Australian State or Territory would one find the Devil's Marbles?
- I.M. Pei designed which famous glass structure?
- To which Islamic site do Muslims pilgrimage to as part of a rite known as 'hajj'?
- Which country was predominately used for the filming of the Lord of the Rings trilogy?
- True or False: Indira Ghandi, former Prime Minister of India, was the daughter of Mahatma Ghandi.
- Freddie Mercury was born in which idyllic Tanzanian region?
- From what region is the dish 'bulgogi' from?
- Which country has hosted the Olympics the most times?
- Which country is IRON PAGES an anagram for?

ANSWERS 22 MAY

Pub quiz: 1 Kampala, 2 Diamonds, 3 Iceland, 4 Grass skirts, 5 Tripoli, 6 The Canary Islands, 7 None, 8 New Zealand's, 9 Guantanamo Bay, 10 All ten, 11 Busselton (bus + Elle [Woods] + tonne)

Unscramble: aged, aide, anted, daft, date, dating, deaf, deafen, dean, defat, defeat, DEFEATING, defiant, define, deft, deign, dent, detain, diene, diet, dine, ding, dint, edge, edit, fade, fading, fainted, fanged, fated, feed, feeding, feigned, fiented, fend, feted, fetid, fidget, fiend, find, fined, gained, gated, geed, gifted, idea, need, negated, teed, tend, tide, tied, tinged

Whose flag is this: Chile

Travel the world with mince and meatballs



TECHNICALLY these are not meatballs, not even mince!

But for our vegan/vegetarian readers we don't want you to miss the meatball journey. So thanks to Sharon Bacich from TTFN Travel we have this recipe for Adzuki meatballs.

They do require a bit of extra preparation. I have to confess

to being a meat lover but these look really good!

Keep sending in recipes to meatballs@traveldaily.com.au

xx *Jenny*

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Adzuki Meatballs with Avocado Pesto Zoodles

INGREDIENTS

- ½ cup adzuki beans soaked overnight
- ½ cup green lentils soaked overnight
- 2 tbsp flaxseed
- 225g mushrooms (of your choice)
- 1 cup rolled oats
- Handful of fresh mixed herbs (eg. parsley, basil and oregano)
- 2 Asian shallots (or a medium onion), chopped
- 2 cloves garlic, chopped
- Olive oil
- Salt and pepper to taste
- 1 large zucchini per 2 people
- Pine nuts or almonds to dress

ZINGY AVOCADO PESTO (MAKES EXTRA)

- One large avocado
- Clove of garlic
- ½ tbsp lemon or apple cider vinegar
- 1 tbsp rinsed capers
- 3 tbsp olive oil
- Handful of fresh basil
- Handful of pine nuts or walnuts (optional)

METHOD

Preheat oven to 190°C (180°C fan forced). Place the beans in a heavy medium saucepan and cover with 5cm of water. Bring to a boil then simmer for 15 mins before adding lentils for the last 10 mins, keeping an eye on them so all the liquid hasn't been absorbed. Drain well and let cool. Meanwhile combine flaxseed in a small bowl with a ¼ cup warm water. Leave 10 mins to form a gel. Add mushrooms, well-drained bean mix, oats, herbs and flaxseed in a food processor and pulse until it combines. Fry chopped shallots or onions in 1 tbsp of olive oil for 2 mins then add chopped garlic, salt and pepper and cook another minute or two. In a large bowl combine the onion mixture and mixture from the food processor and form into golf ball size balls or patties if you prefer.

Line a baking tray with greaseproof paper. Transfer balls to tray and bake 15 mins. Flip and bake for another 10 mins.

For the pesto, add all ingredients in a food processor and process until combined. It doesn't have to be completely smooth.

Make zucchini noodles with a spiralizer. If cooking them make them thicker, or thinner if eating raw.

Fry off the zucchini in a little coconut oil but add some great texture by keeping some raw and adding to the cooked. Turn off heat and toss enough pesto through for your liking.

Serve by placing meatballs on top of pesto zoodles and scatter some nuts over.