

Recipes **3** Meals **7** Fun **lots**

JOIN THE FREE **BAGS OF TASTE**

VIRTUAL COOKING COURSE

Join us on our
"virtual course" – a short adventure
into the world of **Bags of Taste**. In our
world, food is exciting, inspiring and really
delicious, but also easy and **really cheap!**
We have recipes from all around the world.
Our course teaches three "taster" recipes,
which have been specially chosen to
give you the basic techniques you
can use in many other
**delicious Bags of
Taste £1
recipes.**

**FREE,
DELIVERED
INGREDIENTS
BAG!**



**LEARN
AT HOME AT
YOUR OWN PACE**

OUR **BUDGET COOKING** MENU:



CHANNA MASALA a classic
curry beloved by Indians the
world over – proper, authentic
homestyle Indian cooking,
better than the takeaway!



ITALIAN PASTA SAUCE – home
made is so much better than
jars!! Twist it your way, with or
without meat or tuna, it's a
versatile basic dish everyone
should know



MIDDLE EASTERN PILAF
whether you make this with
chickpeas or chicken, this is a
fabulous tasty one-pot dish,
perfect for weekday suppers

**To register for this free course,
email haringey.virtual@bagssoftaste.org
or call/text/WApp 07968 701 455**

* Free course and ingredients for qualifying participants only