

COOK *better than* *the takeaway*

Sheek Kebabs · Vegetable Fried Noodles · Jambalaya · Soya Sauce Chicken
Indonesian Veg Curry · Special Fried Rice · Chicken a la King · Veggie Fajitas
Chicken Caesar Salad · French Onion Soup · Beef & Mushrooms in Oyster Sauce
Ginger Fish & Stir Fried Beans · Cottage Pie · Chili Sin Carne · Salmon Fishcakes
Xinjiang Cumin Chicken · Thai Noodle Salad · Broccoli Pasta · Fish Curry · Ribollita

**FREE
FUN
EASY**
lessons

**COOKING
ON A £1
BUDGET**

with



www.bagsoftaste.org

Is food too expensive?
Want to learn new things?
Or to eat tasty food that's
better for you?

**Register now for our course
starting 11th February!**



We'll deliver free ingredients bags to your home every week for 4 weeks. Use the easy-to-follow recipe cards, join us on live Zoom classes or watch our simple videos on YouTube or WhatsApp, you choose

FREE COURSE & weekly meal kits, exclusively for City residents

To register: text/call **07768843 150**
or email: **city@bagsoftaste.org**