

COOK *Great★Food* ON A BUDGET

FREE LESSONS

WITH



www.bagsoftaste.org

Learn great recipes that cost less than £1 to cook. To register text/call 079 23 24 85 86 or email: info@bagsoftaste.org

**SAVE
£££s**

Eat better, for less

Swedish Meatballs · Vegetable Fried Noodles · Fish Curry · Broccoli Pasta · Dal Special Fried Rice · Soya Sauce Chicken · Vegetable Fajitas · Chicken a la King Guvech · Ginger Fish & Stir Fried Beans · Sheek Kebabs · Chicken Caesar Salad Cottage Pie · Xinjiang Cumin Chicken · Indonesian Veg Curry · Salmon Fishcakes

NEXT COURSE

Thursdays 11-1.30
29 Sept – 20 Oct
Artizan St Library
1 Artizan Street, E1 7AF

Cook it again at home!
All the ingredients you need
for 4 meals, just £3 available
to buy at the end of the lesson.

