

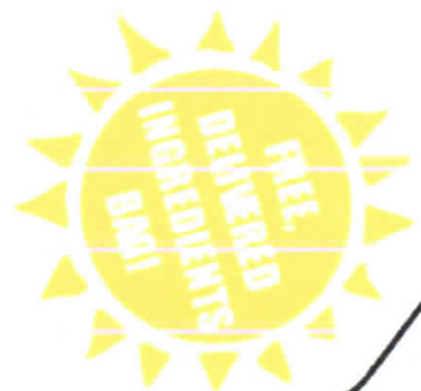
Recipes **3** Meals **7** Fun **lots**

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.



To register for this free course,

email maldon@bagsoftaste.org
or call/text/WApp 07790 464 305

*Free course and ingredients for qualifying participants only

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