

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

JOIN THE **FREE BAGS OF TASTE**

VIRTUAL COOKING COURSE

Are you struggling with food costs? Want to eat better food on a tight budget?

Learn to cook some of our delicious £1 a portion recipes. We'll deliver you a free bag of ingredients for 3 different recipes to help you on your way, and we'll guide you through how to cook them, save money, and delight your friends and family

**FREE,
DELIVERED
INGREDIENTS
BAG!**



**LEARN
AT HOME AT
YOUR OWN PACE**

**To register for this free course,
email hackney@bagsoftaste.org
or call/text/WApp 07788 651 042**

* 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