

A2ndvoice CIC Healthy Cooking Workshop (£5) with Chef Chris

Join us for hands-on cooking workshops where we explore simple, affordable, healthy meals that families can recreate at home. Each session includes cooking skills, nutrition tips and opportunities to taste the finished dishes. Vegetarian and vegan alternatives are included.

Week	Day	Theme	Main Menu	Vegetarian/Vegan Option	Side Dishes	Learning Focus
Week 1	Monday 3 rd August	Burrito Night	Chicken and Bean Burritos	Vegan Mince and Bean Burritos	Broccoli and Pomegranate Salad	Building balanced meals; using beans; healthy wraps
	Wednesday 5 th August	Thai Flavours	Thai Green Chicken Curry	Thai Tofu and Pepper Curry	Lemon Scented Rice; Lime and Chilli Cabbage	Cooking with herbs and spices
	Friday 7 th August (Demo)	Caribbean Cooking	Curried Chicken	Jamaican Ital Stew	Healthy Rice & Peas (Quinoa); Healthy Slaw	Infusing flavour; reducing fat and salt
Week 2	Monday 10 th August	Moroccan Inspired	Chicken and Chickpea Tagine	Sweet Potato, Butternut Squash & Chickpea Tagine	Turmeric Couscous; Melon, Feta & Cucumber Salad	Cooking with spices; adding vegetables
	Wednesday 12 th August	Mediterranean Meals	Chicken and Tomato Pasta Sauce	Ratatouille with Butterbeans	Chilli & Thyme Rice; Greek Salad	Healthy sauces; hidden vegetables
	Friday 14 th August (Demo)	Indian Inspired	Chicken Madras	Lentil, Chickpea & Baby Spinach Curry	Pilaf-style Rice with Quinoa; Cucumber,	Plant-based protein; spice blends

					Tomato, Red Onion & Mint Salad	
Week 3	Monday 17 th August	Healthy Midweek Meals	Honey Harissa Chicken	Mixed Pepper & White Bean Stew	Parsley & Lemon Bulgur Wheat; Broccoli, Pea, Red Onion & Orange Salad	Wholegrains; balanced flavours
	Wednesday 19 th August	Family Favourites	Garlic & Thyme Chicken Leg	Chilli Bean Stew	New Potato Salad; Coleslaw	Healthy dressings; lower-fat cooking
	Friday 21 st August (Demo)	Healthy Breakfasts	Bircher (Overnight Oats)	Chia Seed Breakfast Puddings	Homemade Flapjacks; Fruit Smoothies	Healthy breakfasts; reducing sugar
Week 4	Friday 28 th August (Demo)	Reducing Meat	Lentil Bolognese; Lentil & Bean Chilli	Mixed Bean Cottage Pie; Chickpea Curry	Hidden Vegetable Pasta Sauce; Lentil Shepherd's Pie	Using lentils & beans; affordable healthy meals