



## **6 Week Punjabi Cooking Course**

All ingredients, aprons and hot drinks provided! Just bring a smile and be prepared for lots of fun!!

I'm very excited to welcome you to a new cooking course. I have 6 spaces. 1-1 courses also available.

We will all cook together the following dishes:

**Please note, I can adapt to suit a vegan or gluten free palate. Dishes can be swapped by mutual consent.**

**Week 1 Sweet Potato, Aubergine and Spinach Bhajis with Greek chilli mint yoghurt dip**

**Week 2 Tarka Dhal with Coconut Milk & Wilted Spinach & Basmati Rice**

**Week 3 Tandoori Chicken with Paratha (Stuffed chapati)**

**Week 4 Roasted Aubergine & Sweet Potato Curry with Puri**

**Week 5 Prawn curry with coconut milk with a savoury cumin & vegetable rice**

**Week 6 Chicken Biryani with toasted flaked almonds & vegetables with pathura (A leavened bread made with yoghurt)**

**See you soon!!**

Venue: 38 Onslow Road Peverell Plymouth PL2 3QG

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