

Cooking Classes – Main Meals

March 18 to May 23, 2024

Week	Main Meals
Week One	Vegetarian Nachos Bacon-Wrapped Pork Fillet with Roasted Potatoes and Mashed Peas
Week Two	Dhal with Coconut Rice Chilli con Carne
Week Three	Spinach and Feta Gözleme Chicken Tikka Masala
Week Four	Vegetarian Pasta Primavera Beef Tacos
Week Five	Chicken Stir Fry Vegetarian Stuffed Capsicum
Week Six	Lemon Mustard Salmon Skewers with Potatoes Mild Thai Curry
Week Seven	Pulled Pork Sandwiches Pumpkin Risotto
Week Eight	Grilled Chicken Caesar Salad Stir-Fried Tofu with Vegetables
Week Nine	Teriyaki Chicken Stuffed Portobello Mushrooms
Week Ten	Grilled Fish Fillet with Lemon and Herbs Vegetarian Pad Thai