



## INGREDIENTS LIST

### FORWARD LADIES COOK-A-LONG

26<sup>th</sup> November 12:15-13:15

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by Dr. Sunni Patel



# Ingredients

## (Four Portions)

### Green vegetable biryani

- 1 Leek (sliced)
- 100g frozen peas
- 100g frozen edamame
- 1 small courgette (diced)
- 75g asparagus
- 260g brown rice (pre soaked at least 2-3 hours before or overnight)
- 50g kale

### Tofu Tikka

- 300g extra firm tofu (cubed)
- 1 red pepper (diced)
- 1 red onion (diced)
- Tomato puree
- Cumin seeds

### Accompaniments

- ½ green apple
- 2 sprigs mint
- 200g soya yoghurt

### Essentials (will be used in all dishes)

- Olive oil
- Salt and Pepper
- Minced garlic
- Minced ginger
- Minced green chilli
- Coriander powder
- Cumin powder
- Turmeric powder
- Garam masala
- Bunch of fresh coriander (leaves and stalks)

## Directions

1. Please prepare all the ingredients and have them to hand to cook along with Dr Sunni
2. Have a kettle boiled ready and some saucepans, pans, blender and utensils to hand
3. It will be an informal cooking session with Dr Sunni so have a drink to hand and some questions on cooking, nutrition, health and wellbeing if you want anything answered
4. See you there!



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