



create it. plate it. enjoy it.

Beginner Cooking Classes – Out of Home Package

1. Survival Cooking for Beginners

Learn the absolute essentials for cooking quick, tasty, and budget-friendly meals without relying on takeaway.

- Simple, versatile one-pan meals
- How to cook rice, pasta, and grains properly
- Meal prepping basics for the week
- Quick protein options: chicken, tofu, eggs, and beef

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2. Meal Prep Like a Pro

Save time and money by prepping meals ahead of time. Learn:

- Freezable meal options
- Easy batch cooking (stir-fries, curries, pasta sauces)
- Portioning and storage tips
- Healthy grab-and-go breakfasts & snacks

3. Budget Bites: Cooking for One or Two

Making meals on a budget doesn't have to be boring!

- How to stretch ingredients across multiple meals
- Creative ways to use leftovers
- Easy, affordable proteins (beans, lentils, eggs, and budget cuts of meat)
- Simple sauces to level up your meals

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4. Takeaway at Home: Fakeaway Favourites

Ditch expensive takeout and learn how to make your favourites at home:

- DIY ramen bowls
- Healthier homemade burgers
- Quick stir-fries
- Loaded fries & nachos



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5. Breakfast, Brunch & Snacks

Start your day with meals that are quick, filling, and delicious!

- Overnight oats & smoothie prep
- Quick eggs: scrambled, poached, and omelettes
- Toast toppers & easy spreads
- Grab-and-go snack ideas

6. BBQ & Grill

Perfect for those who want to master cooking on the BBQ!

- Understanding different cuts of meat
- Grilling techniques for steak, chicken, and veggies
- Quick marinades & rubs
- BBQ-friendly sides

7. Cooking for a Crowd

Hosting friends or family? Learn stress-free, shareable meal ideas:

- Big-batch pastas & casseroles
- Simple grazing boards
- DIY pizza night
- Tasty dips & sides