

# pheka

## fresh simple cooking

Course: pheka one  
Date: 7<sup>th</sup> May for 5 weeks every Tuesday morning  
Time: 9.00 am – 12.00  
Venue: Durban North – 50 Margaret Maytom Ave, Northlands Bowling Club  
Cost: R2500  
Central collection: 8.30am outside Nando's on Swapo or meet at venue

Week	Content of pheka course one
1	Health & Hygiene ~ Chicken (& prawn) Curry with Steamed Basmati Rice ~ Health Crunchies ~ Fruit Smoothies
2	Basic Food & Nutrition ~ Red lentil soup ~ Sticky Chicken with Baked Potatoes and Salad ~ Homemade Yoghurt Bread ~ Green Bean, Feta and Nut Salad
3	Homemade burgers ~ Spaghetti Bolognese ~ Greek Salad ~ Banana Bread
4	Macaroni Cheese with Bacon & Mushroom ~ Butternut & Orange Soup ~ Asian Noodle Salad ~ Teatime scones
5	Beef Stifado (Greek Style Casserole) & Sweet Potato Mash ~ Date and Bran Muffins ~ Milk tart

Each student will receive:

- recipe file
- new students will receive a pheka apron
- certificate on course completion
- tea and lunch, students get to sample what they have made that lesson
- Cell number of mine for assistance if needed when doing homework
- fantastic new cooking skills

Employer will receive:

- nutritious & healthy new meals for the family
- weekly emails with lesson updates and shopping lists of recipes taught
- time out the kitchen
- up skilled staff
- re-energized, happy and excited staff

Many thanks  
Danielle

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