

pheka

fresh simple cooking

Course: pheka two
Date: Thursday 9th May for 5 weeks every Thursday morning
Time: 9.00 am – 12.00
Venue: 14 Botha Road, Botha's Hill
Cost: R2500
Central collection: @ 8.30am outside Nando's @ Pick n Pay centre Hillcrest or meet at venue for a 9am start.

Week	Content of pheka course two
1	Intro – basic kitchen hygiene & measuring ~ sweetcorn, cheese & herb bread ~ cous cous salad with cucumber, tomato, red pepper & herbs ~ lamb knuckle stew ~ apple, date & almond crumble
2	Hearty vegetable soup ~ brown rice salad with mushrooms ~ moussaka (with beef mince & brinjals) ~ lemon yoghurt cake
3	Healthy homemade hummus dip with vegetable sticks ~ herbed lentil salad ~ creamy tomato chicken pasta ~ everyday peanut butter biscuits
4	Broccoli soup ~ chickpea salad with red onion, lemon, feta & fresh herbs ~ kebabs (beef, chicken or ostrich) with lemon, ginger & coriander ~ classic lunch time quiche
5	Red cabbage salad with crunchy noodle topping ~ lentil, sweet potato & pea mild curry with coconut milk ~ date & coconut squares ~ weekend chocolate cake

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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