



**RAVI @MHEK**

## **ONLINE COOKING EXPERIENCES**



### **Exclusive Online- Cooking Classes** during Weekend.

Experience Authentic Indian, Thai Cooking classes. Perfect opportunity for couples, family or just quality time to cook some really interesting tasty healthy food online.

*Learn to cook Delicious, Authentic, traditional healthy **Indian, Thai, Raw & Super Foods** for your family and friends with Nutritionist Chef Ravi-*

*Learn the tools and techniques to make super easy delicious and healthy curry dishes that you can impress your Family and Friends with. This is a great gift to give to you or for the family members and friends that are always hard to buy for.*

*Recipes will be provided in advance so that you can organize the ingredients, you are most welcome to cook with me or you can just watch. My classes are very relaxing and at your own pace.*

*Perfect for beginners and cooking pros that fancy something a bit different. Perfect for couples and friends looking for a fun day experience and eating delicious food & having good quality time together!*

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**AUTHENTIC | FRIENDLY | INNOVATIVE | HEALTHY**



**RAVI @MHEK**

**FRIDAY 17<sup>th</sup> of APRIL @ 10 AM & 3PM**

**CELEBRATE INDIAN ODYSSEY WITH FAMILY & FRIENDS**



Classic Indian Street food to Thai Culinary Experience to Super food cooking with great flavours and plenty of space for creativity & presentation, yet delicious and authentic.

Try this fabulous **Live Online- Cooking Class** and create some delicious and wonderful health foods with my delicious recipes.

### **ONLINE- COOKING**

1. **Lamb Kebaabs** (Mughlai Mince lamb pattys)
2. **Goan Fish Curry** (Aromatic chili/Mustard seeds coastal fish curry)
3. **Mango Lassi** (Summer cooler mix with mango & Yoghurt)

**Date:** 17<sup>th</sup> of April 2020

**Venue:** Online Live Cooking Class

**Cost:** £30/person & £45 for 2

**Time** 10 am & 3 pm

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**SATURDAY 18<sup>th</sup> of April 2020 @ 2 PM**

## **THAI-TO-GO. SOUTH EAST ASIAN FEAST**



### **ONLINE- COOKING**

- 1. Aromatic Fish Cakes** (Thai fish cakes with delicious dips)
- 2. Penang Chicken Curry** (Flavour of Lemongrass/Galangal & Kaffir lime)
- 3. Plain Rice**

**Date:** 18<sup>th</sup> of April 2020  
**Venue:** Online Live Cooking Class  
**Cost:** £30/person & £45 for 2  
**Time** 2 pm

**NOTE: Bookings are essentials. Classes are subject to change**

Contact me at [rbsnutrition@gmail.com](mailto:rbsnutrition@gmail.com) or 0759988 4210 to book.

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*Vegetarians and vegans are welcome and there are plenty of choices and menu can be modified and design as per their needs. Please inform us for any allergies or intolerance in advance.*

**ALSO ASK FOR COOKING CLASSES VOUCHER BY EMAILING ME**

## **WHAT PEOPLE ARE SAYING ABOUT RAVI'S COOKING CLASSES**

“ A great way to spend Saturday morning & I learnt some useful tips! Lovely to meet everyone too. ”

-Libby, Reading

“Great idea! Lovely atmosphere, and the food turned out really well. Thank you Ravi! ”

-Jayne Johnson, Berkshire

What a fab morning cooking Thai - we loved it.

-Chris & Jo, Henley on Thames

Another fun evening, whilst learning how to cook healthy. Thank you Ravi

-Elaine, Marlow

Ravi, Thank you for the great cooking class, look forward to seeing you again very soon.

-AJ, Bucks

Such a fabulous cooking Course with all attention to details, perfectly executed. We cooked some of the best food ever. Thanks Ravi, you are a great teacher & all the patience.

-Katrina, Mark & Family, London

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