



What
should You
EAT
TONIGHT?



Dinner is served in **1 - 2 - 3** euros

6 easy recipes for every day

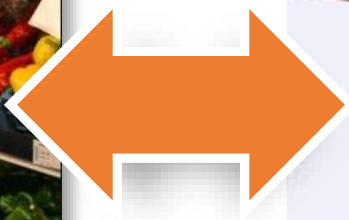


SPECIMEN

Prices apply from 7/11 to 20/11/2018.

colruyt  lowest prices

Wim Verbesselt
November 21, 2018



colruyt 



Inspirational - behavioural (1/2)



Main course

Thai vegetable curry with rice

Recipe p. 6



- ☐ 350 g stewing vegetables Thai (fresh market)
- ☐ 1 courgette
- ☐ 1 broccoli
- ☐ 400 g sweet potatoes
- ☐ 1 onion
- ☐ 500 g boil-in-bag long-grain rice.....250 g needed
- ☐ 4 dl coconut milk
- ☐ 100 g green curry paste.....4 teaspoons needed

Prices apply from 7/11 to 10/11/2018.

3€
per portion
max. 9 € to pay
for 3 portions

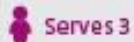
KIDS

They can help:

- Dice the courgettes
- Peel the sweet potatoes
- Cut the broccoli in pieces

What is green curry paste?

It is a spicy paste from the Thai cuisine. It contains a lot of herbs such as coriander, lemon grass, ginger and turmeric.



Serves 3



45 min.

From your kitchen

- 1 tbsp olive oil
- salt and pepper

Ingredients

- 350 g stewing vegetables Thai (fresh market)
- 1 courgette
- 1 broccoli
- 400 g sweet potatoes
- 1 onion
- 250 g rice
- 4 dl coconut milk
- 4 tsp green curry paste

Material

- 2 large pots

Social (2/2)



cooking workshop



store visits – shopping awareness

4300



25%



160



viable

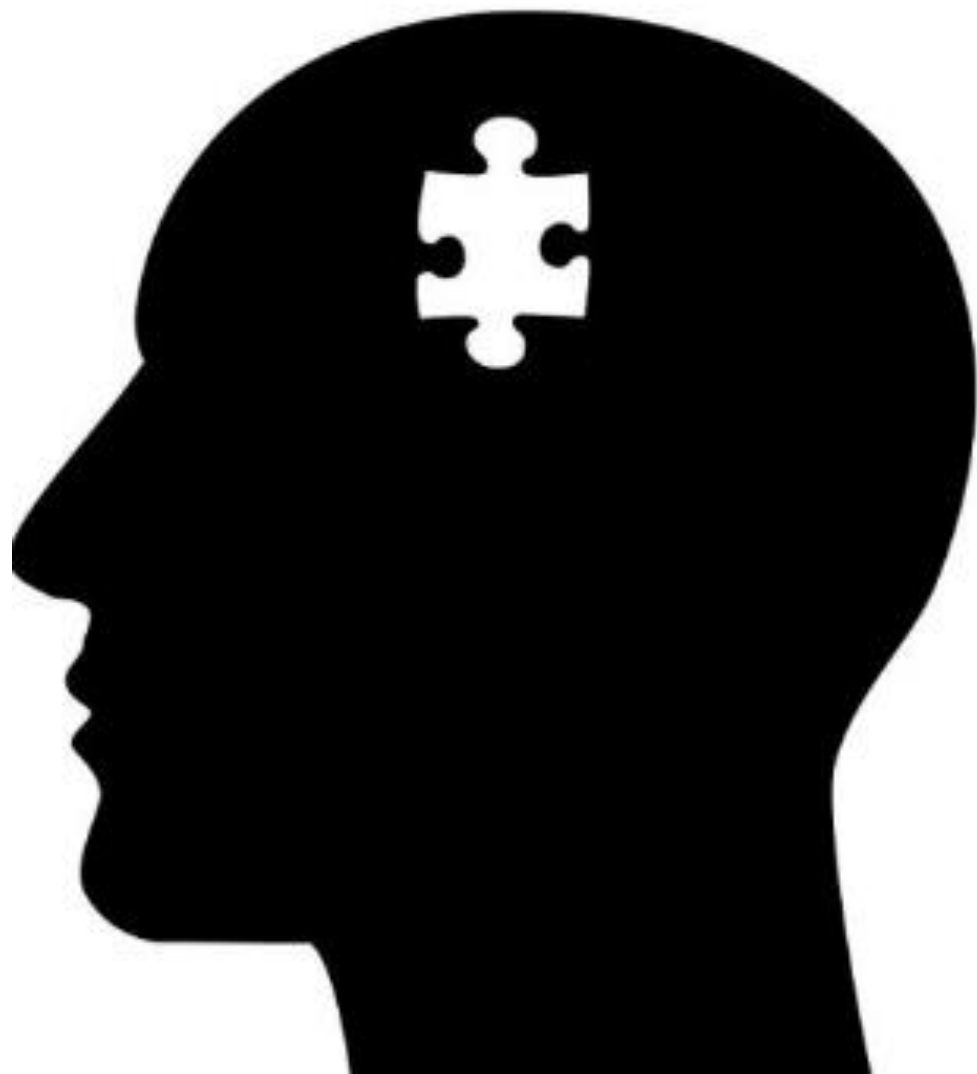


80



40





HOW TO CREATE TOP OF MIND AWARENESS

