What should you eat tonight?
Dinner is served in
1 - 2 - 3 euros
6 easy recipes for every day

Prices apply from 11.11 to 30.11.2018

Wim Verbesselt
November 21, 2018
Inspirational - behavioural (1/2)

Thai vegetable curry with rice

Main course

Serves 3

45 min.

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
- 100 g green curry paste

Material
2 large pots

Thai vegetable curry with rice

Recipe p. 6.

Formula

- 3 € per portion

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

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.

From your kitchen
- 1 tbsp olive oil
- salt and pepper

45 min.

3 € per portion

max. 9 € to pay for 3 portions
Social (2/2)

cooking workshop

store visits – shopping awareness
HOW TO CREATE TOP OF MIND AWARENESS