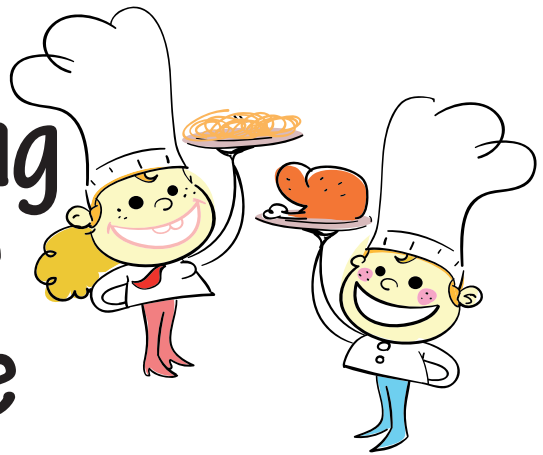


FREE Cooking sessions for young people



Cobalt is paying for free cooking sessions over the summer holidays for young people. The sessions will take place for two hours every week in Ellergreen Children's Centre and free transport is available.

You will make something that you can eat at the end of each session and be given something free relating to the session every week (e.g. a spice rack to make chicken tikka massala again).

Session 1 – Prepare southern chicken wraps

Session 2 – Cook chicken tikka massala

Session 3 – Cook tuna pasta bake and ginger pear crunch

Session 4 – Cook spaghetti bolognese and fruit smoothies

Session 5 – Cook strawberry crumble

Session 6 – Healthy burgers, wedges and sauce

If you want to attend the sessions, please contact Manila Sood on 0151 633 8055 or email msood@cobalthousing.org.uk