



WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 15TH NOVEMBER 2017

GUEST PRESENTER: MILAN NAKKA

RECIPES: KALE AND AVOCADO SALAD

SPINACH AND POTATO CURRY

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Health · Hope · Happiness

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KALE AND AVOCADO SALAD

Ingredients:

Kale- washed and ripped

Avocado-1or 2

Freshly squeezed Lemon-1

Nuts- walnuts/ pistachios/ almonds

Salt to taste



Method:

1. Place the ripped kale in a large mixing bowl .
2. Blend avocado, lemon juice and salt until smooth.
3. Mix the avocado dressing well until each shredded kale leaf is covered with the dressing.
4. Sprinkle nuts to add a delicious crunch..
5. Enjoy!!!

P.s: Eat fresh as avocado can turn brown



SPINACH AND POTATO CURRY

Ingredients:

- | | |
|------------------------------------|------------------------------------|
| 1. Spinach:- I large pack shredded | 7. Mustard seeds: 1tsp |
| 2. Potatoes: 5 medium size diced | 8. Curry leaves:1 sprig(optional) |
| 3. Onion: 1 medium finely chopped | 9. Green chillies: 2 (optional) |
| 4. Garlic: 4-5 bruised pods | 10. Cumin seed: 1tsp |
| 5. Tomato: I large chopped | 11. Red chilly powder : 1tsp |
| 6. Turmeric powder: 1tsp | 12. Oil: 3 tbsp |

Method:

1. Heat oil on medium/ high
2. Add mustard seeds, after they pop, add cumin seeds.
3. Once it turns brown, add bruised garlic and curry leaves and stir until garlic turns light brown.
4. Add chopped onions and chillies and sauté till light brown.
5. Add turmeric powder and stir for a few seconds
6. Add the diced potatoes and mix well till all of the potatoes are covered with an yellow tinge.
7. Cover and reduce the heat. Cook until the potatoes are nearly done.
8. Add tomatoes and the chilli powder. Cook till tomatoes are nearly soft.
9. Add spinach and mix till melted. Add salt to taste.
10. Leave to cook till potatoes and spinach are soft.
11. Garnish with ginger sticks
12. Enjoy with rice or chapati.



UP AND COMING EVENTS

Knit and Knatter is on Monday 20th November at 10.30am – 12pm – Come along and enjoy some crafting and socialising over a hot cuppa and a biscuit.

Seniors Club on Thursday 30th November 2.30pm to 4pm – We will be doing a Christmas Activity.

Next Vegetarian Cookery Class – Wednesday 29th November 7.15pm to 8.45pm

Free Health Checks on Tuesdays 11-4pm (Can sometimes be swapped to a Thursday so please check website or facebook page to see if any changes to the day).

