



MY HEALTHY ENERGIZING KITCHEN

MHEK- want to make sure, we emphasis on high, Food and hygiene standards and want to give a fine dinning experience in the comfort of your own home, with lots of fun with cooking and having the whole **EXPERIENCE**.

PRICES FOR PRIVATE OR GROUP COOKERY LESSONS IN HENLEY AND SURROUNDING AREA

There is a fantastic opportunity to have fine dinning experience at home with your own professional Qualified Chef as well as the opportunity to learn cooking in the comfort of your own home within the Henley-On-Thames and surrounding area.

Experience and explore the areas of cooking, which you have never explored and want to surprise yourself and perhaps your friends.

Learn to cook Delicious, Authentic, Traditional Healthy **Indian, Thai & Super Food Cookery** for your family and friends with **Nutritional Chef Ravi**- who has worked with many leading five stars hotels and profound knowledge of food and Nutrition.

Learn the tools and techniques to make super easy, delicious and healthy curry dishes that you can impress your Family and Friends with. Learn to know the simple and basic technique that I use at home, mixing of spices and control over heat and timing. Find the completely different food from normal restaurant, no oil, no grease and hidden ingredients, which they don't tell you!!!!

This is a great gift to give to you, or for the family members and friends that are always hard to buy for.

Give them the gift of some amazing Indian or Thai Dishes that they can cook up for themselves either at home or to wow their dinner guest at dinner parties with their new found culinary skills.



MY HEALTHY ENERGIZING KITCHEN

Perfect for beginners and for cooking professionals, who fancy something a bit different. Ideal for couples and friends looking for a fun days experience and eating delicious food all day!

- **WORKING ONE-TO-ONE WITH RAVI.**
- **CHOOSE FROM A SELECTION OF STARTERS, MAINS AND INCLUDES;**
- **TEAS AND SNACKS AS WELL AS A GUIDE AND COOKBOOK FOR THEM TO KEEP AND GOODIE BAG TO HELP THEM ON THEIR CULINARY JOURNEY**

Give the Gift of great food this Year with this amazing Cooking Day experience with your own personalised Indian and Thai Chef for the day.

1-Day Authentic Indian Or Thai Cooking Experience Day with Ravi

- **£65.00 per person onwards**

Want to share...Share the experience with a friend or 2?

- **2 person £110.00 onwards**
- **3 person £160.00 onwards find out if you have more joining in....**

I am available for parties, big and small groups, services are totally bespoke tailored made according to your need and demands. Simple and easy cooking with innovative ideas, in the comfort of your own home, with a fine dinning experience.

Want to wow your friends and family and party guests with array of food and flavour. Want to buy quality time with friends, miss all the hassle of shopping, preparing, cooking and taking care of kitchen. We will make sure it is all being taken care of!!! It is not just only food but I am selling but **THE EXPERIENCE** with the choices of international, Healthy and Energizing foods.

So Welcome to **My Kitchen-“MHEK”** and embark the culinary journey to surprise your taste buds and be the part of Experience.