

# Not a confident cook? Keep it simple...



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT,  
we believe everyone can learn  
to cook from scratch ...



## Cooking doesn't need to be complicated...

Cooking can be as simple, or as complicated, as you choose. If you're not confident in the kitchen then start with a couple of simple dishes, based on a few fresh ingredients, and practise.

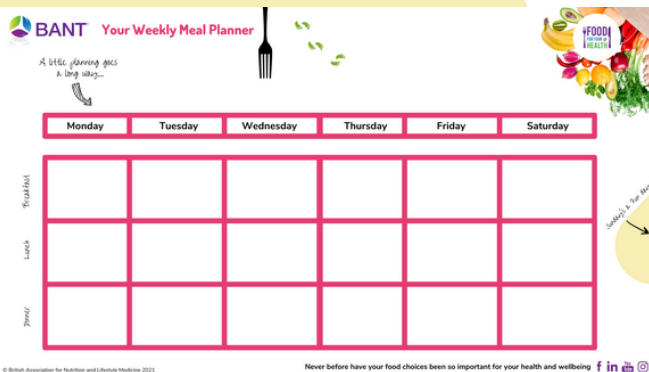


How best to begin cooking  
simple meals?

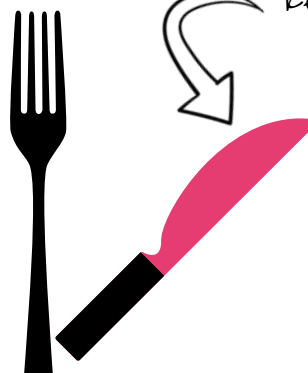


The best place to start is by picking one or two of your favourite dishes, and finding a simple recipe to follow. It's easy to feel baffled by cooking if you think of the final dish, but by following a step by step guide you'll find it's usually easier than you thought. Once you have mastered these first dishes you can slowly increase your repertoire until you have a few go-to meals you are confident at cooking.

Download our meal planner  
to help you plan



Ready, steady, chop!



Whatever your kitchen credentials, if you can chop then you're half way there. There are plenty of one-pot meals with a minimal level of cooking necessary. Just chop and go, leaving the meal to cook itself.