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# HOLROYD HOWE

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FEEDING INDEPENDENT MINDS

Hello and welcome to this week's Home School Bistro cook along!

Below are some hints and tips around alternative ingredients that are suitable where possible to support with dietary needs, along with a helpful list of equipment you will need.

Happy cooking!

### **Lentil dhal with homemade flatbreads**

Lentils - dried red or tinned green, whichever you'd prefer.

Spice it up! - feel free to make or so blend or add extra chilli for some heat.

Flatbreads - gluten free flour swap with still create great flatbreads.

### **Orange drizzle:**

Plain flour - replace with a gluten free alternative, works just as well.

Butter - any dairy-free spread should work in replacement.

Orange - Any citrus fruit such as grapefruit or lime also taste great.

### **Equipment list:**

1 x Saucepan/casserole dish

1 x Frying/sauté pan

Chopping board

Knife

Mixing bowl

Loaf tin

Greaseproof paper

Various small bowls (to get your ingredients together!)