

At Little Green Kitchen, every class is designed to inspire confident, joyful plant-based cooking. Whether you're looking for quick weeknight meals, bold flavours, or healthier everyday habits, our menus are packed with vibrant ingredients, hands-on techniques, and dishes you'll be excited to recreate at home!

Explore our full range of classes below and find your next delicious culinary experience.

30-Minute Meals

Perfect for busy bees craving something wholesome and delicious. These quick, flavour-packed recipes take you from chopping board to plate in 30 minutes or less.

Menu:

- Avocado Flautas with Roasted Tomato Salsa
 - Curried Couscous with Balsamic-Roasted Cauliflower and Peas
 - Garden Vegetable Paella
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Middle Eastern Culinary Journey

Step into the warm, spice-filled kitchens of the Middle East. Learn aromatic, crowd-pleasing dishes that make beautiful additions for everyday meals or dinner parties.

Menu:

- Baked Aubergine Mechoui with Curried Couscous
 - Harira Soup
 - Shakshouka with homemade Vegan Feta
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Brunch @ Home

Bring café-style brunch to your own kitchen. Learn sweet and savoury favourites that turn lazy weekends into something special.

Menu:

- Fluffy Pancake stack with Caramelised Banana
- Masala Scrambled "Eggs" with Roast Tomatoes and Crispy Kale
- Scrummy Crumpets with Homemade Jam and Cashew Cream

Exotic Asian Salads

Salads with personality. Using fresh herbs, bold spices, and vibrant textures, you'll create Asian-inspired salads that are nutritious, colourful, and anything but boring.

Menu:

- Karedok with Spicy Peanut Sauce
- Miso Aubergine, Cucumber and Green Tea Noodle Salad
- Thai Pomelo Salad with Coconut-Tamarind Dressing

Festive Cooking (only in December)

Celebrate the season with bright, modern holiday dishes that feel special yet easy to recreate.

Menu:

- Pesto-Filled Christmas Tree Pastries
- Spinach, Potato and Filo Leek Pie
- Stuffed Fig, Vegan Feta and Orange Salad

Flavours of Laos

Explore the bright, bold flavours of Lao home cooking. Fragrant, spicy, and full of surprises, these dishes are simple to prepare and unforgettable to eat.

Menu:

- Spicy Smoked Eggplant Dip
- Stuffed Lemongrass Skewers with Peanut Sauce
- Tofu in Coconut Cream with Crispy Basil

Southeast Asian Culinary Journey

A delicious journey through Singaporean, Malaysian, and Indonesian classics. Spicy, aromatic, and full of fresh local ingredients.

Menu:

- Sambal Terong (Grilled eggplant in slow-cooked spicy tomato sauce)
 - Singapore-style Coconut Curry
 - Vegan Char Kway Teow
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Fresh & Flavourful Vietnamese

Light, vibrant Vietnamese dishes filled with herbs, freshness, and crunch. Perfect for our tropical climate.

Menu:

- Banh Xeo (Savoury coconut crepe stuffed with crunchy veggies), nuoc cham
 - Fresh Rice Paper Rolls with mango and mint, peanut dipping sauce
 - Lemongrass-marinated Tofu with basil and roasted peanuts
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Gluten-free Cooking

Great for gluten-intolerant cooks or anyone wanting wholesome, naturally gluten-free meals made with flavourful, unprocessed ingredients.

Menu:

- “Cheesy” Grilled Polenta with Rocket and Slow-Roasted Tomatoes
 - Chickpea and Zucchini Pancakes with Vegan Tzatziki
 - Curried Quinoa with Balsamic-Roasted Cauliflower and Lentils
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Indonesian favourites

Authentic plant-based Indonesian dishes made with easy-to-find ingredients. Bold, spicy, and comforting.

Menu:

- Classic Nasi Goreng
 - Sambal Goreng Tempeh
 - Sayur Lodeh
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High Protein, Low Carb Meals

Wholesome, plant-based meals designed to keep you full and energized, with minimal carbs and plenty of protein.

Menu:

- Lentil & Kale Tacos with spicy chimichurr
 - Chickpea & Cauliflower “Rice” Curry – curried vegetables over cauliflower rice
 - Red Curry Zoodles with Crispy Tofu
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Mastering Tofu

This class will change the way you feel about Tofu. Learn techniques that transform this humble high-protein ingredient into meals you will feel excited to eat!

Menu:

- Black Pepper Five-Spice Tofu
 - Grilled Tofu Herb Croquettes with Smoky Salsa
 - Marinated Tofu Steaks with Coconut-Chilli Sauce
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Mexican Fiesta!

Big bold flavours and colourful plates that make everyday meals so much more fun. Big on satisfaction and spice.

Menu:

- “Cheesy” Quinoa-Stuffed Peppers
 - Mushroom and Sweetcorn Quesadillas with Fresh tomato Salsa
 - Roasted Cauliflower Tacos with Caramelised onions and Chimmichurri
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Spicy Szechuan cuisine

Fiery, aromatic, and addictive. Learn three classic Szechuan dishes made entirely from scratch.

Menu:

- Gambien Siji Dou (Dry-Fried Green Beans)
 - Kung Pao Tofu (Sweet, spicy glazed tofu with Szechuan peppers)
 - Yu Xiang Qiezi (Szechuan Spicy Eggplant)
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Sri Lankan Rice & Curry

Discover the warmth of Sri Lankan home cooking. Simple, flavourful, and beautifully layered with spice.

Menu:

- Eggplant Moju
 - Okra in Coconut Curry
 - Tempered Mushroom Curry
 - Coconut Sambol
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Tasty Tapas

Perfect for entertaining. These flavour-packed bites are fun to prepare and guaranteed to impress.

Menu:

- Sesame-Crusted Sweet Potato Wedges with Curried Peanut Sauce
 - Spinach and Potato Croquettes with Chimichurri
 - Sweetcorn and Kale Fritters with Homemade Sriracha
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Time To Detox

Clean, nourishing dishes packed with antioxidants and bright flavours to help you feel good from the inside out.

Menu:

- Green Goddess Soup
 - Quinoa and Sweet Potato Cakes with Coriander-Almond Pesto
 - Warm Soba Rainbow Salad with Miso-Ginger Dressing
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Everyday Korean Veggie Cooking

Comforting bowls inspired by Korean flavours that are perfect for everyday dinners - colourful and delicious.

Menu:

- Gochujang Tofu Bibimbap – marinated tofu, sautéed veggies, and crispy rice with a spicy-sweet kick.
 - Vegan Japchae – slippery sweet potato noodles with crisp, stir-fried vegetables.
 - Vegan Yachaejeon – Korean Vegetable Pancake with homemade dipping sauce.
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Japanese Plant-Based Cooking

Clean, simple, and flavourful Japanese dishes that are easy to make at home.

Menu:

- Vegan Miso Ramen – rich umami broth with tofu, mushrooms, and noodles.
 - Veggie Sushi Rolls – avocado, pickled cucumber, carrot, and shiso in nori.
 - Teriyaki Tofu Donburi – sticky-sweet crispy tofu served over rice with sautéed vegetables.
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High Protein, Low Carb Meals

Wholesome, plant-based meals designed to keep you full and energized, with minimal carbs and plenty of protein.

Menu:

- Black bean and brown rice burgers with superfood slaw.
- Lentil & Kale Tacos with spicy chimichurri.

- Chickpea & Cauliflower “Rice” Curry – curried vegetables over cauliflower rice.
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Everyday Vegan Baking

Little treats that you crave everyday – perfect for snack cravings and afternoon tea soirees.

Menu:

- Vegan Chocolate Chip Peanut Butter Cookies
 - Dark Chocolate Banana Bread with chocolate ganache
 - Orange - olive oil saffron muffins
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Weeknight Pasta Dinners

Quick, satisfying pasta dishes that are plant-based, satisfying and ready in under an hour. Perfect for weeknight dinners.

Menu:

- Vegan Lasagna – layers of vegetables, tofu ricotta, and rich tomato sauce.
 - Penne Pesto – Creamy vegan pesto with a rich cheesy taste.
 - Creamy Mushroom Alfredo – smooth, decadent creamy sauce over your favorite pasta.
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Cooking with Kids

Nothing beats cooking with kids for family bonding time. Learn fun and easy recipes that you can replicate at home with your kids. Price includes ticket for one parent and one child aged 7 to 12.

Menu:

- Vegan Mac & “Cheese” – creamy, cheesy, and loved by little ones.
 - Mini Veggie Quesadillas with tomato salsa – handheld pockets loaded with vegetables served with homemade salsa.
 - Tofu and Veggies Burgers – delicious and healthy veggie burgers that you can serve with your favourite sides and condiments.
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Mediterranean Home Cooking

Fresh, wholesome Mediterranean-inspired dishes full of herbs, grains, and plant-based proteins.

Menu:

- Falafel Wraps with Tahini – crispy chickpea fritters wrapped with fresh vegetables.
 - Mediterranean Grain Bowl – quinoa, lentils and roasted vegetables with a lemon-tahini dressing.
 - Tabbouleh & Hummus Platter – lemony herbs, refreshing salad, and creamy dip.
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Authentic Indian cuisine

Classic Indian vegetarian recipes adapted for plant-based cooking, bursting with spice, warmth, and comfort. This class includes detailed information on spices and how to create a homestyle Indian meal from scratch.

Menu:

- Channa Masala – spiced chickpeas and spinach in a rich spicy gravy.
- Tofu No-butter Masala – creamy tomato curry with marinated crispy tofu.

- Aloo Matar tikis – potato and pea fritters with a coriander chutney.
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Sindhi Family-Style Cooking

The menu that's closest to my heart. Hearty Sindhi vegetarian dishes made for sharing, full of flavour, and perfect for family meals.

Menu:

- Aloo Bindi Seyal – potatoes and okra cooked in a spicy dry curry.
 - Sindhi Curry – tangy gram flour base curry with seasonal vegetables.
 - Oat and Moong Chilla – quick and easy lentil pancake to serve with curries.
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Cooking with Tofu & Tempeh

Simple, easily-available and versatile plant proteins made into flavorful meals you can enjoy any day of the week.

Menu:

- Marinated Tofu Stir-Fry – tofu with crisp vegetables and savory sauce.
 - Tempeh Satay Skewers – grilled and coated in a peanut sauce.
 - Tofu & Vegetable Curry – creamy coconut-based curry with tofu cubes.
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Simple Thai Kitchen Favourites

Quick, vibrant Thai-inspired dishes with bold flavors, perfect for weeknight dinners.

Menu:

- Vegan Pad Thai – rice noodles with tofu, lime, and peanuts.
- Green Curry with Vegetables – rich coconut curry with fresh vegetables.
- Thai Basil Tofu (Pad Krapow) – spicy, fragrant wok-fried tofu with basil.
