

THE **Checkers**  
Plant Kitchen  
POWERED BY



MC: AMY HOPPY

**Checkers**



**FRIDAY 4TH**      **CHEF**      **RECIPE**

13:00	Siphiwe Sithole and Andile Somdaka	Millet and African Melon
14:30	Black Garlic (Clara Kapelembe Bwali) and Wood Kitchen (Lulu and William)	Taste of Zambia: Lumanda, Impwa and Nshima
16:00	Siyabulela Kobo	Isigwampa

**SATURDAY 5TH**      **CHEF**      **RECIPE**

11:00	Wandile Mabaso	Earth, wind and fire
12:30	Chad January	Spinach falafels with beetroot and sweet potato mash and wilted greens
14:00	Zola Nene	Plant based burger tacos
15:30	Deena Naidoo & Nokwanda Mthembu	Green Thai Curry with Veg Chicken Strips with Fragrant Lime infused Jasmine rice Vegan Chai Panna Cotta, Strawberry and Anise Compote, Chocolate Sand
16:30	Rea - The Cooking Dietician	Vegan Basil Mac and Cheese

**SUNDAY 6TH**      **CHEF**      **RECIPE**

11:00	Sue Gajathar	Vegan Fish Curry and Hassleback Butternut
12:30	Chad January	Spinach falafels with beetroot and sweet potato mash and wilted greens
14:00	Zola Nene	Green curry broccoli noodles
15:30	Amy Hoppy	Easy Cheatable Treats with Macro Mixes
16:30	Gregory Henderson	Boerpampoen Panna Cotta, Marula Caviar and Crumble

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\* The programme may be subject to change without prior notice.