

GROWING TASTE BUD CHALLENGE

Great news for healthy kids!

As part of the Taste of Birmingham Festival, Lasan and Michelin starred Simpsons Restaurant have challenged each other to create three healthy children's dishes – one for babies, one for toddlers, and one for 8-10 year olds.

Aktar Islam represented Lasan vs Luke Tipping for Simpsons, and the dishes were judged by the children themselves with their parents, in the presence of the media... **and Lasan was the overall winner!**

This shows yet again how receptive young children can be to different foods and Indian flavours – so you can bring your younger family members to Lasan for food that is good for them...and that they will really love!

Don't forget that you can find out more about Lasan healthy eating with Aktar's recipes from our Spice for Life recipe book, which you can download from our website www.lasangroup.com to cook your own meals at home.

