One New Dish a Month

A low-stakes 12-month challenge to expand your palate.

01	☐	A dish from a cuisine you've never cooked from
02	☐	A vegetable you usually avoid, prepared a different way
03	☐	The dish you always skip at your favourite restaurant
04	☐	A one-pot recipe you saved and forgot about
05	☐	A dish made with a grain or pulse you've never tasted
06	☐	A dish with a sauce you're curious about
07	☐	Something a friend orders at a restaurant they choose
08	☐	A dish someone you know grew up eating
09	☐	A regional version of a dish you already love
10	☐	A breakfast you've only ever seen in a video
11	☐	A dish that uses the ingredient you always walk past at the grocer's
12	☐	Something new you'd like to make for someone else

No rules, no pressure. Just one new dish every month.