

From Prompt To Plate

Discovering AI one dish at a time



In collaboration with :



From Prompt To Plate



A. Journey of Food, AI, and Friendship

From Prompt to Plate was created to introduce women to AI in a way that felt familiar, safe, and rooted in everyday life. Many community members hear about AI but do not feel that the conversation includes them. Some worry about their English or digital skills. Others fear technology or misinformation. Many simply don't know where to start.

We knew that AI could feel overwhelming but food does not.

So we combined both.

Across four weeks, women cooked AI-generated recipes, explored ChatGPT and other AI tools, and learned through experimentation, laughter, mistakes, cultural sharing, and honest conversation. This book captures their journey: what they learned, what surprised them, what challenged them, and how they now see AI in their daily lives.



Why Food + AI?



**Food is universal.
Food is cultural.
Food is confidence-building.
Food creates connection.**



For women who may be less confident with technology, cooking becomes a comfortable entry point. Everyone brings cultural knowledge, lived experience, and intuition.

By connecting AI to food, we could:

- Make AI less intimidating
- Encourage experimentation
- Allow instant feedback ("Does this recipe actually work?")
- Use mistakes as learning opportunities
- Build a safe space for questions
- Strengthen critical thinking

Food made AI meaningful. AI made cooking more reflective.

Who Took Part



Twelve women registered for the programme, and eight attended consistently. Their diverse backgrounds shaped a warm and supportive group.

Sadiya - The aspiring superstar Chef Sadiya joined with a clear ambition: she wants to become a Superstar Chef. AI helped her explore new recipes, practise catering interview questions, experiment with ideas, and build confidence in her cooking journey.

Kasia - The aspiring entrepreneur Kasia joined with curiosity and an open mind. In the final part of Session 4, she explored how AI could support her many business ideas through basic branding concepts, simple logo ideas, and organising her thoughts. This brief moment sparked new possibilities for her future plans.

Nida - The architect returning to work Nida is a trained architect hoping to return to her profession after time away. She used AI to explore refresher courses, relevant skills, and early steps toward restarting her career.

Deena - The researcher mother seeking a research assistant job with a scientific background, Deena used AI to create structured research questionnaires, refine scientific content, and search for job roles. During Session 4, she found an actual research assistant job on Perplexity, one she had not been able to find herself giving her renewed direction.

Salma - Family support worker at DIWC Salma participated as staff and learner. She used AI to write emails faster, summarise notes, design simple graphics, and generate ideas for family workshops. Her support helped the group feel welcome and encouraged throughout the programme.

Fatima - The safety-focused , AI-sceptical learner Fatima joined the course already sceptical of AI. She was very focused on safeguarding and worried about misinformation, young children using AI, and lack of real-world accuracy. During the sessions, she discovered that AI could help with simple tasks such as generating new recipe ideas and using ingredients creatively. But she remained clear that AI should never be used for medical, legal, or safeguarding situations.

Raksinda - Curious to learn quiet and observant, she enjoyed learning at her own pace and exploring AI gently.

Aveen - Keen to understand AI for everyday life aveen joined to understand AI before her children begin relying on it. Her confidence grew through hands-on experimentation.



The Four Sessions

SESSION 1 Understanding AI, Testing Prompts & Choosing the Recipe

Eight women attended this two-hour introductory session.

What ChatGPT Can Do

The group explored what AI is, how ChatGPT works, and the kinds of tasks it can support from recipes and images to rewriting and simplifying text. They learned the basics of prompting, including being specific and giving AI a "role" such as chef or translator.

When participants tested prompts in their mother tongues, they realised that although the meaning was correct, the translations did not sound natural. This led into a discussion about bias.

To explore this further, the women asked AI to generate images of professions such as nurse, doctor, professor, and teacher. They immediately noticed patterns, gender stereotypes, cultural bias, and limited diversity, highlighting that: "AI is not neutral; it reflects the data it learns from."

With only 20 mins left into the session, the ladies split into 2 groups. Group 1 asked AI for a peri-peri chicken recipe to cook the following week. The recipe looked polished and professional, so they accepted it without checking important details like timing, ingredients, equipment, or cultural fit.

This moment set the stage for the programme's biggest learning experience in Session 2.



The AI Recipe



PERI-PERI CHICKEN

🕒 **Total Time: 2 Hours**

- ✓ Prep (marinate + setup): 15 minutes
- ✓ Cooking time: 1 hr 30 min (hands-off mostly)
- ✓ Clean-up: 15 minutes

🛒 Shopping List (for 12 people) Chicken (Main)

- ✓ 6 whole chicken legs (thigh + drumstick, skin-on, halal)
- ✓ 6 chicken breasts (halal)
- ✓ 6 tbsp olive oil
- ✓ 2 tbsp lemon juice
- ✓ 6 garlic cloves
- ✓ 2 tsp smoked paprika
- ✓ 2 tsp cayenne pepper
- ✓ 2 tsp chili flakes
- ✓ 3 tbsp white vinegar
- ✓ 3 tbsp tomato paste
- ✓ 3 tbsp peri-peri sauce (store-bought or homemade Nando's medium)
- ✓ 2 tsp oregano
- ✓ 2 tsp salt
- ✓ 1 tsp black pepper



(Optional: add 3-4 fresh red chilies for extra heat)

🍚 Nando's-Style Spicy Rice

- ✓ 3 cups basmati rice (about 600g)
- ✓ 2 tbsp olive oil
- ✓ 1 onion (finely chopped)
- ✓ 1 red pepper (chopped)
- ✓ 1 green pepper (chopped)
- ✓ 2 garlic cloves (crushed)
- ✓ 1 tsp turmeric
- ✓ 1 tsp paprika
- ✓ 1 tsp chili flakes (optional)
- ✓ 3 tsp chicken stock powder or 1½ cubes
- ✓ 6 cups hot water
- ✓ 1 tsp salt
- ✓ Small handful chopped coriander (for garnish)



🥔 Crispy Potato Wedges

- ✓ 2.5 kg potatoes (Maris Piper or Russet)
- ✓ 3 tbsp olive oil
- ✓ 1 tsp paprika
- ✓ 1 tsp garlic powder
- ✓ 1 tsp salt
- ✓ ½ tsp black pepper



Step-by-Step Method

🕒 Step 1: Marinate the Chicken (15 mins prep)

1. In a large bowl, mix olive oil, lemon juice, garlic, paprika, cayenne, chili flakes, vinegar, tomato paste, peri-peri sauce, oregano, salt, and pepper.
2. Score the chicken pieces with a knife and coat well in marinade.
3. Cover and refrigerate for at least 45 minutes (if possible up to 1 hr).



(While marinating, start prepping rice and wedges.)

🕒 Step 2: Prep & Bake the Wedges (Start after chicken marinates 15 mins)

1. Preheat oven to 200°C (fan 180°C).
2. Cut potatoes into wedges, toss in olive oil, paprika, garlic powder, salt, pepper, and herbs.
3. Spread on baking trays in a single layer.
4. Bake for 40-45 mins, flipping halfway.



🕒 Step 3: Cook the Chicken

Option 1 – Oven + Grill Finish (easy for big batch):

1. Preheat oven to 200°C.
2. Line trays with foil and place chicken pieces skin-side up.
3. Bake for 45-50 minutes until cooked through (juices clear).
4. Then brush with extra peri-peri sauce and grill for 5-8 minutes for that Nando's char.



Option 2 – BBQ or Air Fryer (for small batches):

Grill or air-fry on 180°C for 20-25 minutes, brushing with sauce mid-way.

🕒 Step 4: Make the Spicy Rice

1. Heat oil in a large pan, sauté onion, garlic, and peppers until soft (3-4 mins).
2. Add turmeric, paprika, and chili flakes – stir 30 seconds.
3. Add rice and stir to coat in spices.
4. Add chicken stock and salt, bring to boil, then reduce to low, cover, and simmer 15-18 mins until rice is fluffy.
5. Fluff with fork and garnish with coriander.



🕒 Step 5: Plate & Serve (last 10 mins)

- ▶ Serve chicken with peri-peri drizzle.
- ▶ Add spicy rice and crispy wedges on the side.
- ▶ Optional extras: coleslaw, garlic mayo, or corn on the cob.



Cooking the AI Recipe & Discovering Limitations

Before the session began, Salma tested the AI-generated peri-peri chicken recipe and quickly realised it was unrealistic, too long, badly timed, and impossible to finish in two hours. When she showed the group, they immediately understood how convincing the recipe had looked.

This session opened up a powerful discussion about appearance versus accuracy.

The recipe looked perfect, well-formatted, confident, professional but only worked on the surface. It was the first time the women saw how AI can produce something that feels authoritative yet contains fundamental errors.

Deena captured this moment perfectly:



“Last week you showed us how amazing ChatGPT is and today you’re showing us how wrong it can be.”

From here, the group agreed that critical thinking must sit at the centre of any AI use. They reflected on how easy it is to trust something that is neatly structured, and how important it is to pause, question, and check the details especially when cooking, working, learning, or making decisions.

By the end of the session, the women decided to choose their next recipes far more intentionally: healthy, simple, time-friendly, and suited to the equipment available. After refining ideas together, they selected:

- ▶ A Mediterranean salad
- ▶ A fruit smoothie

They realised they shouldn't trust AI automatically and needed to use it more carefully and with awareness.

SESSION 3

Healthy Cooking, Better Prompts & Photo Recognition

By Session 3, the women were using AI with much more confidence but also with greater care. They checked the ingredients, timing, and practicality before choosing what to cook. Together they selected a Mediterranean salad and a fruit smoothie, both healthy and realistic for the two-hour session.



During the cooking, they realised they didn't have everything listed in the AI-generated recipe. Instead of stopping, they tried something new: they took a photo of the ingredients they did have and asked AI to regenerate the recipe.

Surprisingly, AI was able to:

- Identify vegetables and herbs
- Recognise food packaging
- Read labels
- List the ingredients accurately

Fatima, who had been very sceptical of AI from the beginning, was impressed that AI could "look" at packaged food and name each item correctly. This helped her see a practical,

The taste test although AI provided a decent salad recipe, the women trusted their own instincts. They changed the flavours, adjusted quantities, and even made a completely different dressing based on what they knew tasted better. A blind tasting comparing AI's dressing with the project worker's version showed everyone preferred the human-made one.

Towards the end of the session one of the participants shared that she wanted to start a home-baking business from her kitchen. With the last 15 minutes of the session, the group explored how she could use AI to calculate ingredient costs and help with simple pricing turning an idea into something more realistic.

The key lesson from this session was clear: AI is helpful but human taste, experience, and intuition are still better.



SESSION 4

Reflection, Everyday Uses & Real Opportunities

The final session was a smaller, more personal discussion with Deena, Kasia, Fatima and Sadiya, giving space for honest reflection about how they now feel about AI.

All four women agreed that AI is helpful for everyday practical tasks things that save time or make life easier. They found it useful for writing emails, doing research, summarising information, organising ideas, generating recipe ideas, and creating simple visuals. They described these tasks as safe and manageable.

However, they were very clear about where AI should not be used. None of them felt comfortable using AI for medical, mental health or legal advice, safeguarding, diagnosing symptoms, or anything involving the safety of children.

Fatima summed it up perfectly:

“For cooking and small things, AI is fine. But not for anything important. Not for health. Not for children. That should always be a real person.”

The group agreed immediately. This became one of the strongest shared conclusions of the whole programme.



Ai Approved Recipes



✔ Group Approved Recipe

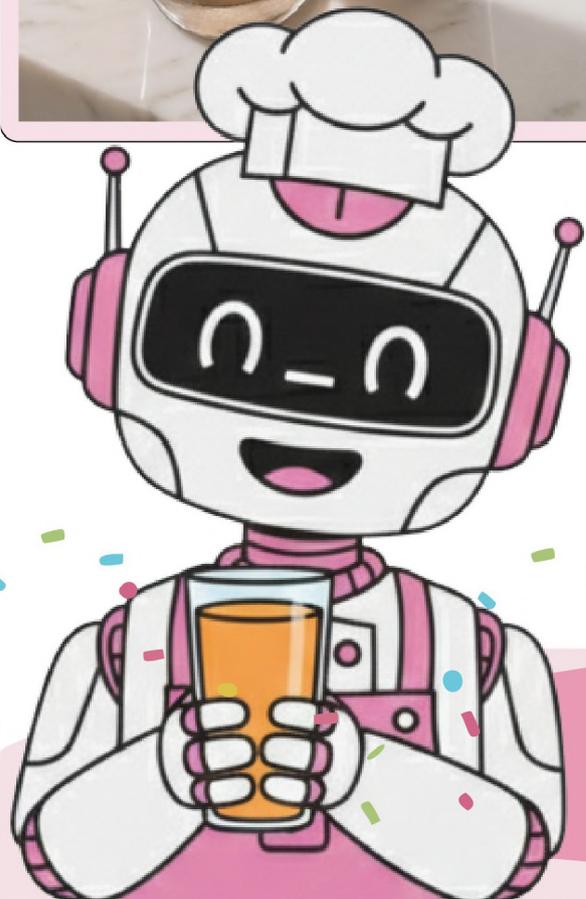
Citrus Glow Smoothie (Serves 12)

📋 Ingredients:

- 6 medium oranges – peeled and segmented
- 3 medium carrots – peeled and chopped
- 3 cups pineapple chunks (fresh or frozen)
- 3 cups mango chunks (fresh or frozen)
- 3 tbsp fresh lime juice
- 2 tbsp honey or agave (optional, depending on fruit sweetness)
- 1 tbsp grated ginger (for brightness and digestion)
- 4–5 cups cold water or coconut water (adjust for texture)
- Ice cubes for blending

📖 Instructions:

- Add oranges, carrots, pineapple, mango, lime juice, and ginger to a blender.
- Pour in half the water or coconut water, blend until smooth.
- Adjust sweetness with honey/agave if desired.
- Add remaining liquid and ice, blend again until creamy and frothy.
- Serve chilled in tall glasses with a sprig of mint or an orange slice



Mexican-Style Vegetable Salad

(Serves 12)

A healthy, high-fiber, protein-rich salad bursting with Mexican flavors.

- 🕒 **Total Time:** ~1 hour
- 🍽️ **Servings:** 12
- 🌱 **Nutrition Focus:** Fresh vegetables, healthy fats, and plant protein

Ingredients

Salad Base

- 6 cups romaine lettuce or mixed greens, chopped
- 3 cups baby spinach
- 3 cups cherry tomatoes, halved
- 3 medium cucumbers, diced
- 3 medium red bell peppers, diced
- 3 cups sweet corn kernels (fresh, canned, or roasted)
- 3 cups kidney beans, cooked and drained
- 1 ½ cups red onion, finely chopped
- 3 medium avocados, diced
- ¾ cup fresh cilantro, chopped

Optional Add-ins

- 1 ½ cups diced mango or pineapple (for a fruity touch)
- ¾ cup cotija cheese or feta (omit for vegan)
- 3 small jalapeños, finely chopped (optional for spice)
- ¾ cup toasted pumpkin seeds (pepitas) for crunch

Zesty Lime Vinaigrette

- 9 tbsp (~½ cup + 1 tbsp) extra virgin olive oil
- 6 tbsp fresh lime juice (about 3 large limes)
- 3 tbsp apple cider vinegar
- 1 ½ tbsp honey or agave nectar
- 3 cloves garlic, minced
- 1 ½ tsp ground cumin

Salt and black pepper to taste (start with 1 ½ tsp salt, 1 tsp pepper)

Preparation Steps

- ✓ **Prep vegetables:** Wash and chop all ingredients. Keep avocado for last to avoid browning.
- ✓ **If using fresh corn:** Boil or grill for 5 minutes, then cut kernels off the cob.
- ✓ **Mix the dressing:** Whisk all vinaigrette ingredients in a small bowl or shake in a jar. Taste and adjust lime or salt.

Assemble the salad:

- ✓ **In a large bowl or serving platter,** add lettuce and spinach.
- ✓ **Layer** tomatoes, cucumber, peppers, corn, kidney beans, onion, avocado, and cilantro.
- ✓ **Add dressing:** Pour over salad just before serving and toss gently to combine.
- ✓ **Finish with toppings:** Sprinkle cheese, pepitas, jalapeños, or fruit (if using).
- ✓ **Serve immediately,** or refrigerate up to 1 hour before serving (add avocado and dressing right before serving for best texture).

► Nutrition (per serving, approx.)

Calories: ~310 kcal
Protein: 9–10 g
Fat: 18 g (mainly healthy fats)
Carbs: 33 g
Fiber: 9–10 g

► Nutritionist Tips

Make it heartier: Add 3 cups of cooked quinoa or 4 cups of grilled chicken/tofu for extra protein.

Meal prep friendly: Keep dressing and avocado separate until ready to serve.

Flavor boost: Mix kidney beans with a little lime juice and cumin before adding to the salad.





Participants Reflection and approved recipes





DEENA : The Researcher

"I joined the course because I was really curious to see whether AI could actually help me with cooking whether it could give me ideas, guide me, or do something useful in the kitchen. I always thought AI was mainly for scientific papers, cover letters, or searching for information. Cooking felt like a strange but interesting place to test it."

Why I choose Boston Cream Pie "I recently saw a reel about Boston Cake and it looked very delicious. So I wanted to see what ChatGPT would produce if I asked for a recipe. Instead of Boston Cake, it gave me a Boston cream pie, which was interesting and made me question how much I should trust ChatGPT when it comes to recipes."

My feelings about AI "My feelings about AI are neutral. I don't love it or hate it. I think it has advantages like it really helped me with my cover letter. But I still have to edit everything because sometimes it doesn't sound like me at all. And sometimes it gives completely wrong information. Even with cooking, some of the recipes don't make sense unless you already know what you're doing. So AI can help, but only if you use your own judgment."

Fun Fact About Me "I'm always fun that's the fun fact!"

BOSTON CREAM PIE

Ingredients (for one 8-inch / 20cm round cake) Dry

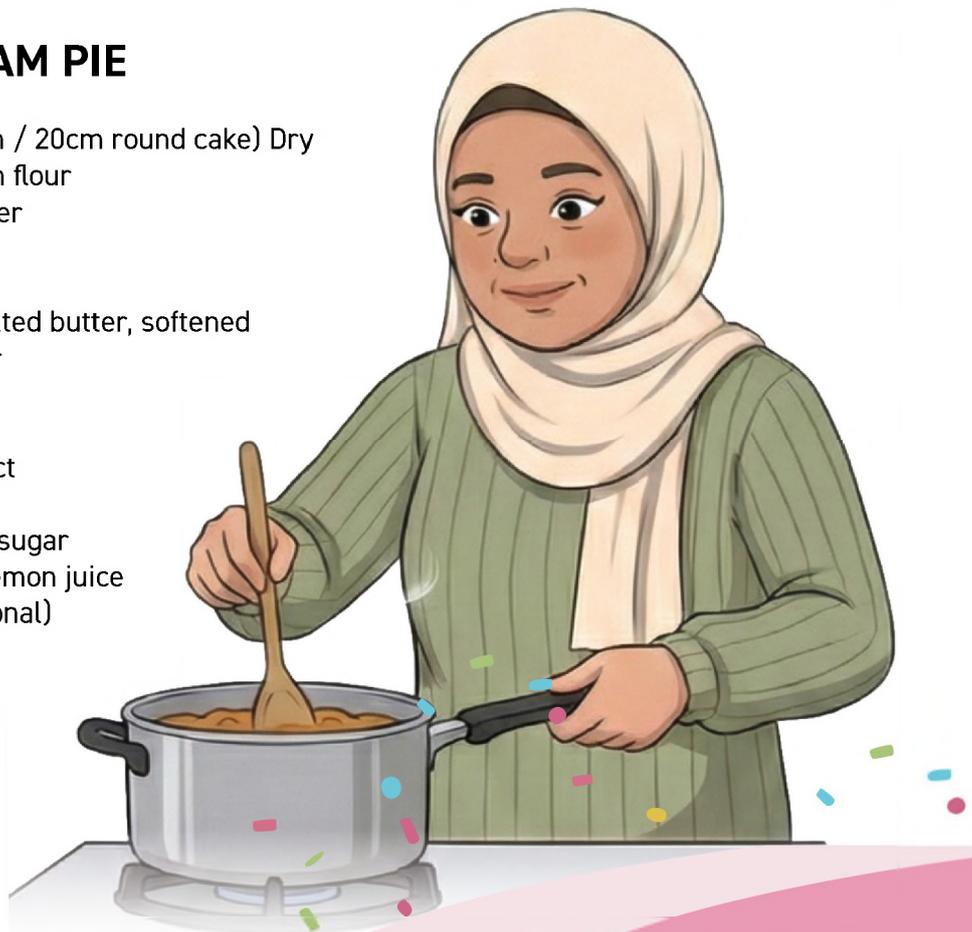
- ✓ 2 cups (240g) plain flour
- ✓ 2 tsp baking powder
- ✓ ½ tsp salt

Wet

- ✓ ½ cup (115g) unsalted butter, softened
- ✓ 1 cup (200g) sugar
- ✓ 2 large eggs
- ✓ 1 cup (240ml) milk
- ✓ 1 tsp vanilla extract

Optional icing

- ✓ 1 cup (120g) icing sugar
- ✓ 1-2 tbsp milk or lemon juice
- ✓ ½ tsp vanilla (optional)



SADIYA: The Aspiring Superstar Chef

Course motivation "I joined the course because I want to become a chef one day, and I was curious to see how AI could support me. As a mum of two, I'm always looking for ways to learn new skills and improve my cooking. I wanted to see whether AI could give me ideas, help me experiment with new recipes, or teach me something useful in the kitchen."

"I chose the millet salad because I believe in eating healthy meals. It's important for me and my family, and I like finding recipes that are nutritious but still full of flavour. AI helped me discover something new that I hadn't tried before."

How I use AI "I actually used AI to prepare for my job interview, practising questions, building my confidence, and helping me express myself better. It also helped me with my CV and gave me ideas for recipes. So for me, AI is a good tool. It enables me to do more than I can on my own, whether it's for work or for cooking."

Fun Fact About Me "I love cooking that's my fun fact and my passion."



MILLET SALAD

By Sadiya Abubakar

Ingredients

- Black pepper: 5g
- Lemon Juice fresh: 2 Tbsp
- Salt to taste
- Red Pepper: 50g
- Salad tomatoes: 1 large
- Whole cucumber: 30g
- Onions: 50g
- White millet: 100g
- Fresh coriander: 10g
- Optional pomegranate: 20g

Method

1. Finely chop all the vegetables and keep them aside.
2. Wash the millet well and boil them until soft, allowing cooking down.
3. In a bowl, add the boiled millets along with the chopped vegetables.
4. Season with salt and lemon juice.
5. Mix well and garnish with coriander leaves (and pomegranate topping optional).



SALMA: Family Support Worker

Course motivation "I joined the AI Cooking Course because I was curious about how technology and cooking could come together. I wanted to explore something new and see what AI could offer, while still keeping my own creativity and style in the kitchen."

"Even though we were using AI, I chose to go with my own recipe because I believe in it. It's something personal to me, something I know works, and something I wanted to share with others. AI is helpful for ideas, but sometimes your own recipe is the one that feels right."

My Feelings About AI "I absolutely loved the AI Cooking Course it was such a unique experience! At first, I felt curious but also unsure about how everything would work. I wondered, 'Can I really do this? Will it take me ages to learn?' But as the course went on, I found it simple, fun, and very informative. My feelings shifted from uncertainty to confidence."

Fun Fact About Me "I love sharing recipes and creating experiences that bring people together and I'd definitely like to do more workshops."



CHICKEN TIKKA MASALA

- Prep Time: 1/2 hr
- Serves: 5
- Cooking Time: 1 hr

Ingredients

- 4 chicken breasts, cubed
- 4 tbs olive oil
- Tomato passata, 1/2 pkt
- 2 finely chopped onions
- 1 tbs tomato purée

Make a paste with:

- 1 tsp ginger and garlic
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/4 tsp haldi
- 1 tsp garam masala
- 1 tsp paprika



Step 1: Make the spice paste

In a small bowl, mix:

Ginger and garlic

Cumin powder

Coriander powder

Haldi (turmeric)

Garam masala

Paprika

Add a splash of water or oil and mix into a thick paste. Set aside.

Step 2: Cook the chicken

Heat 2 tbsp olive oil in a large pan over medium heat.

Add the cubed chicken breasts.

Cook for 5 to 7 minutes, turning occasionally, until lightly browned.

Remove the chicken from the pan and set aside.

Step 3: Make the masala base

In the same pan, add the remaining 2 tbsp olive oil.

the chopped onions and cook on medium heat for 8 to 10 minutes, stirring regularly, until soft and lightly golden.

Add the tomato purée and cook for 2 minutes to remove the raw tomato taste.

Step 4: Add spices and sauce

Add the prepared spice paste to the onions.

Cook for 2 to 3 minutes, stirring continuously, until fragrant and the oil starts to separate.

Pour in the tomato passata and stir well.

Step 5: Simmer

Return the chicken to the pan.

Add a small splash of water if the sauce is too thick.

Cover and simmer gently for 20 to 25 minutes, stirring occasionally, until the chicken is cooked through and the sauce thickens.

Step 6: Final taste check

Taste and adjust salt if needed.



Ai generated photo

FATIMA: "I'm still cautious, but I see where it can help."

Fatima had always been cautious about AI, and she remained cautious throughout all the sessions. She was honest about not trusting AI at the start and still feeling the same in many ways. But during the programme she also discovered small, practical areas where AI could support her daily life.

She said:

"I started this course not trusting AI at all. I didn't like it. But now I see small ways it can help me like checking labels or helping with meals."

She was especially surprised in Session 3 when AI correctly identified food items from a single photo: "I didn't know AI could recognise food in packages like that. That was helpful."

But her boundaries stayed very firm: "For children, for mental health, for medical things, never. I will not trust AI for that."

Her steady perspective helped the whole group stay grounded in caution and critical thinking.



BEEF STIR-FRY (Nigerian Style)

By Fatima

Main Ingredients

- Beef strips (thinly sliced) about 300–500g
- 1 large onion (sliced)
- 1 green bell pepper (sliced)
- 1 red bell pepper (sliced)
- 1 carrot (cut into thin strips or rounds)
- 2 cloves garlic (minced)
- 1 scotch bonnet/ata rodo (optional)
- 1 tablespoon ginger (fresh, grated)

Seasoning & Sauce

- 2 tbsp soy sauce (optional, use halal brand)
- 1 seasoning cube
- 1 teaspoon curry powder
- 1 teaspoon thyme
- Salt (to taste)
- Black pepper (optional)
- 1–2 tablespoons vegetable oil





BEEF STIR-FRY (Nigerian Style)

By Fatima

COOKING STEPS

STEP 1 Prepare the Beef

1. Slice beef into thin strips.
2. Season with:
 - Salt
 - Curry
 - Thyme
 - Garlic
 - Ginger
 - Seasoning cube
3. Add 1 tablespoon of soy sauce (optional).
4. Mix well and let it marinate for 10–20 minutes.

STEP 2 Cook the Beef

1. Heat 1–2 tablespoons of oil in a pan.
2. Add the beef and stir-fry on medium-high heat.
3. Cook until the beef browns and the water dries up.
4. Remove the beef from the pan and set aside.

STEP 3 Stir-Fry the Vegetables

1. In the same pan, add a little more oil if needed.
2. Add onions, carrots, and scotch bonnet.
3. Stir-fry for 2 minutes.
4. Add the green and red bell peppers.
5. Fry for another 2–3 minutes (don't overcook keep them crunchy).

STEP 4 Combine Everything

1. Return the cooked beef into the pan.
2. Add a splash of soy sauce or a little water to keep it moist.
3. Stir everything together for 1–2 minutes.
4. Taste and adjust seasoning (salt, pepper, cube).

You can serve hot with:

- Rice (white or fried rice)
- Spaghetti
- Potatoes
- Couscous
- Or enjoy it alone as a healthy meal.



Ai generated photo



"This AI Cooking course was great I found it incredibly informative, relaxed, and fun. I genuinely enjoyed myself and learned a great deal throughout the session. It was fascinating to see how AI can be integrated into the kitchen something I had never experienced before. The course really highlighted the importance of AI and how it can support us in everyday life, even in areas we might not expect. Overall, it was a great experience, and I would be more than happy to attend a similar course again."

SPINACH PESTO PASTA

Servings: 2 | Time: 15 minutes

INGREDIENTS

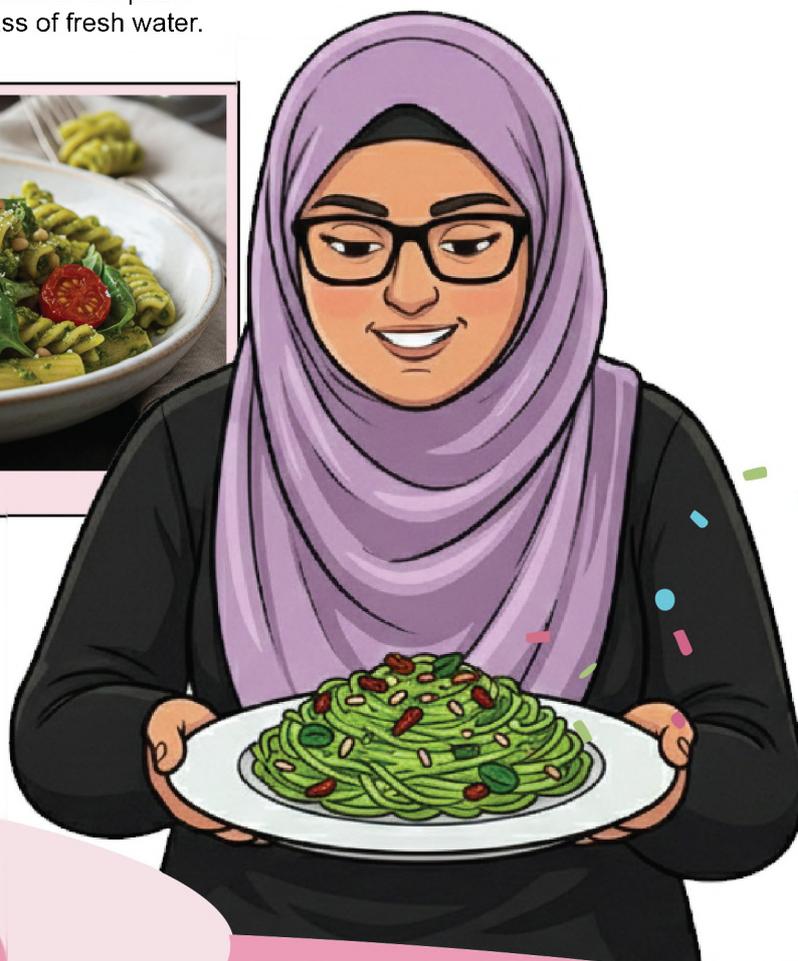
- 250g pasta
- 250g spinach
- 5 Tbsp extra virgin olive oil
- Pinch of salt
- 100g mixed nuts (any you prefer or have available)
- A sprinkle of cheese (Cheddar, Mozzarella, or a mix)

DIRECTIONS

1. Boil the pasta: Boil your pasta in salted water. Drain and cool.
2. Make the pesto: In a blender, add the spinach, olive oil, nuts, and a pinch of salt. Blend until smooth.
3. Combine: Add the pesto to the pasta one spoon at a time, depending on how rich you want it. (Nida adds more to her eldest child's portion and less to the youngest.)
4. Add cheese: Sprinkle cheese over the pasta.
5. Serve: Serve with a cold glass of fresh water.



Ai generated photo



RAKSINDA: Curious to Learn

"I joined the AI Cooking Course because I was curious about how AI could help me in the kitchen. I wanted to explore something new and see whether technology could support my cooking and creativity."

"I created my recipe using what I learned during the course, and it was exciting to see how AI could spark new ideas. The sessions helped me understand how AI can guide you when you're unsure where to start."

My feelings about AI "I've grown to really like AI because it makes everyday tasks easier and gives me confidence to try new things. I didn't expect to learn this much, but the course helped me see AI as a helpful tool that I can use in many different parts of my life."

Fun Fact About Me "I love wandering around Dundee and discovering cosy little spots for a perfect cup of tea."



SPICY ROAST VEGETABLES

Ingredients

- 2 medium sweet potatoes, peeled and cut into chunks
- 3–4 carrots, peeled and cut into thick sticks or chunks
- 10–12 baby potatoes, halved
- 4–5 garlic cloves, mashed
- 3–4 tbsp olive oil
- 1–2 tsp chilli flakes (adjust to heat preference)
- 1 tsp mixed dry herbs (oregano, thyme, rosemary, or a blend)
- 1 tsp cumin seeds, lightly crushed
- Juice of ½ lemon
- Salt and pepper to taste



Instructions

1. Preheat Oven
Heat your oven to 200°C (390°F).
2. Prepare the Vegetables
Place the sweet potatoes, carrots, and baby potatoes into a large mixing bowl.
3. Make the Marinade
In a small bowl, combine:
 - Mashed garlic
 - Olive oil
 - Chilli flakes
 - Mixed herbs
 - Lightly crushed cumin seeds
 - Lemon juice
 - Salt and pepperMix well to form a fragrant, spicy marinade.
4. Coat the Vegetables
Pour the marinade over the vegetables. Toss thoroughly until everything is evenly coated.
5. Roast
Spread the vegetables on a baking tray in a single layer.
Roast for 35–45 minutes, flipping halfway, until the vegetables are golden, slightly charred on the edges, and tender inside.
6. Serve
Enjoy hot as a side dish, or serve with yogurt dip, hummus, or over couscous/quinoa.



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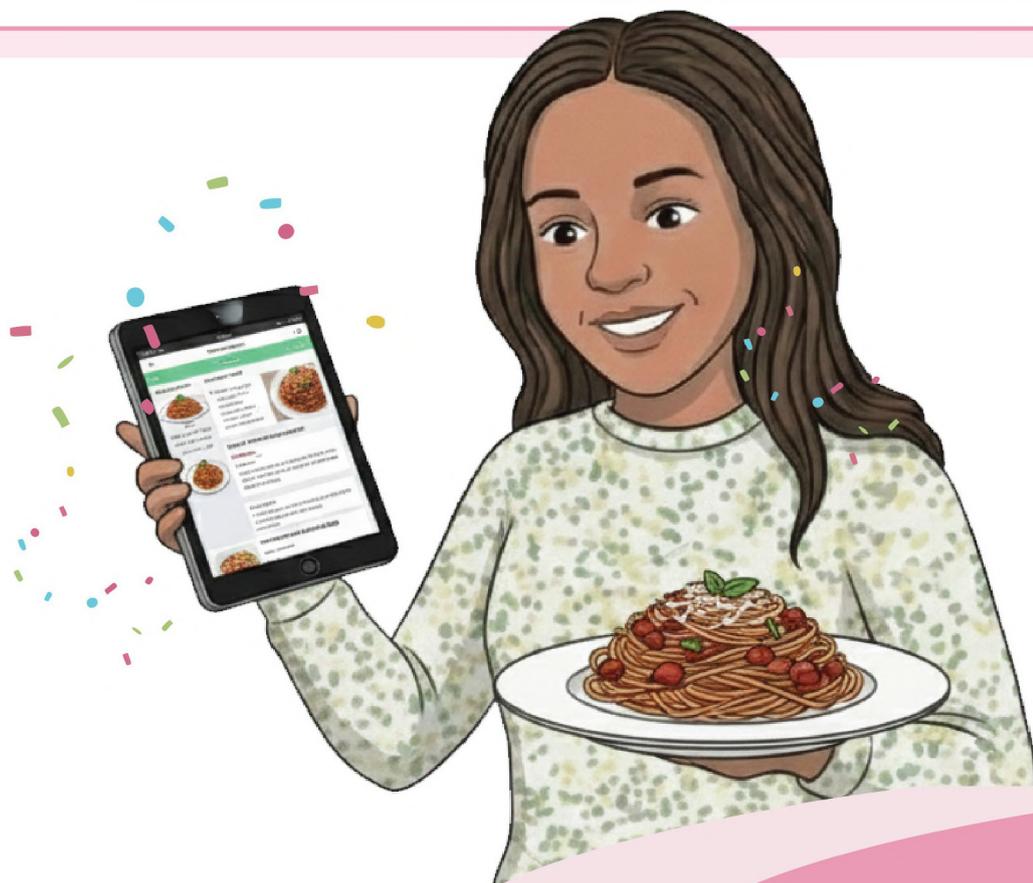
KASSIA: The Aspiring Entrepreneur

Course motivation "I joined the AI Cooking Course because I love learning new things. When I first saw the programme, it immediately caught my interest. I enjoy cooking, I love trying new recipes, and AI is something completely new to me. I was excited to see how both could come together."

My feelings about AI "AI is definitely useful. I've already been using a few AI tools to help write emails because, as a mum, my time is always short. Anything that helps me manage paperwork is a big help. But I still have some fears about AI. We know what it can do now, but we don't really know its full potential or how it might shape the future. It looks promising, but it also makes me feel a bit uneasy."

How I use AI "I use AI mainly to save time especially for writing emails and organising tasks. It helps me manage my busy life more easily. The course also showed me new tools that I can explore further."

Fun Fact About Me "I love having fun and trying new things. I enjoy being outdoors, doing activities, and even taking part in extreme sports that's something exciting about me!"



AVEEN: Keen to understand AI

Hi, my name is Aveen Khalil.

I joined the AI course because I wanted to learn how technology can support cooking. I had already created this recipe by myself, but the course helped me understand how AI can inspire new ideas and support me when I have ingredients but don't know what to make.

At the beginning of the course, I felt unsure and didn't fully trust AI. However, by the final session, I became much more confident and realised how useful it can be. I like AI because it gives quick suggestions, helps with planning, and supports me in many areas of my daily life from writing emails and checking proposals to planning trips and even redecorating my living room.

In the future, I see myself using AI to discover new recipes and learn new skills, and I would love to explore more ways it can support me.

Fun Fact About Me is that I love bringing people together through food, especially by cooking dishes that remind me of home and my culture.

MAQLUBA (MAKLOBA)

INGREDIENTS

Chicken breast (boiled & shredded)
2 cups long-grain rice (≈ 400g)
2 tomatoes
2 eggplants
2 potatoes
Salt
2 chicken bouillon cubes
For boiling chicken: bay leaf, cinnamon stick, lemon, ginger

DIRECTIONS

- 1. Boil your chicken**
Place chicken breasts with bay leaf, cinnamon stick, ginger, and lemon slices. Cook until tender, then shred.
- 2. Prepare vegetables**
Slice and fry the eggplants. Slice tomatoes and potatoes.
- 3. Layer your pot**
Place potatoes at the bottom, then tomatoes, then fried eggplants.
- 4. Add rice & chicken**
Mix shredded chicken with rice, salt, and bouillon cubes.
Add this mixture on top of your layered vegetables.
- 5. Cook your Maqluba**
Pour 4 cups (≈ 950 ml) water into the pot.
Let it cook for about 30 minutes until the rice is soft.
- 6. Flip & serve**
Let it rest for a few minutes, place your serving tray on top, and flip carefully to reveal the layers.



By Aveen

A simple, comforting recipe that I love preparing for my family. Maqluba isn't just food, it's a taste of home.

The Best Recipes Come From People



From Prompt to Plate showed that learning about AI doesn't need to be complicated or intimidating. By starting with food, the women explored AI in a way that felt familiar, relaxed, and enjoyable.

Through cooking, testing, and talking together, participants learned how AI can help with everyday tasks from recipe ideas and emails to organising thoughts and planning ahead. Just as importantly, they learned when not to trust AI, and how to use their own judgement instead of accepting answers at face value.



The sessions helped women feel more confident, more curious, and more comfortable questioning technology. They laughed when AI got things wrong, adapted recipes to suit their own taste, and shared ideas freely with each other.



Final Feedback:

How can we have more sessions like this?

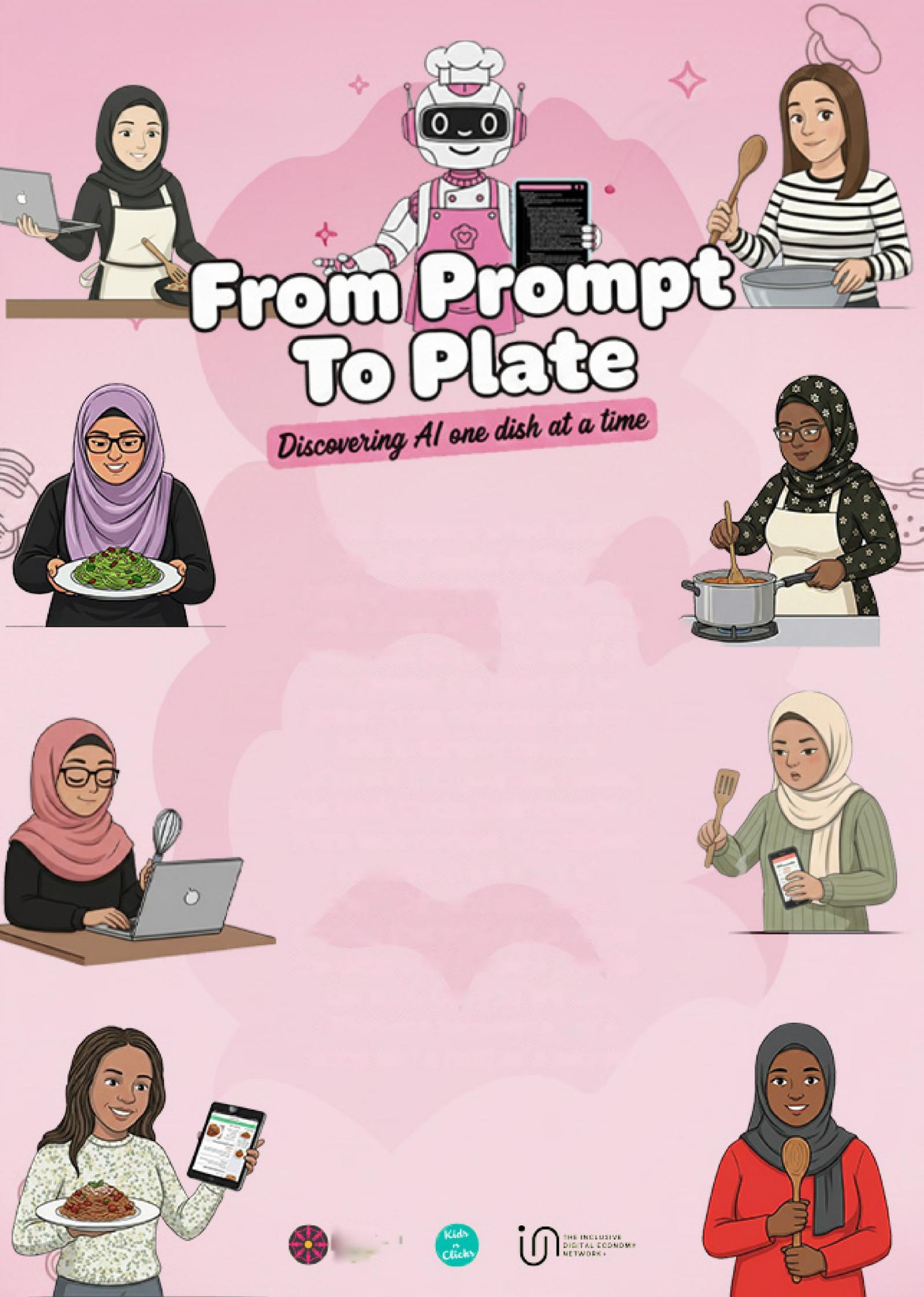


They wanted more support using AI to sort emails, fill in forms, explore business ideas, and manage everyday tasks. Their question reflected something important not just confidence, but curiosity and a real willingness to keep learning.

For DIWC, the programme showed that when learning is practical, social, and human, technology becomes something people want to explore together.

And in the end, everyone agreed on one thing:

AI can help but the best recipes still come from people.



From Prompt To Plate

Discovering AI one dish at a time

