

My breakfast dish featured a **Crispy Rice Omelette** with rice flavoured with gochujang (a Korean chilli paste) and an omelette incorporated onto it, topped with spring onions and sweetcorn. The dish combines the crispy textures of the pan-fried rice with the fluffy eggs on top. Umami and slightly spicy taste of the gochujang perfectly complement the rich and aromatic taste of the cheesy omelette, while the corn adds a touch of sweetness to the dish.

My snack dish, a **Caramelised Banana Yoghurt Bowl**, composed of vanilla coconut yoghurt with caramelised banana and topped off with homemade granola. It balanced the sweet and warm vanilla notes with tropical coconut, paired with the decadence of the caramelised bananas, and the deep caramelised taste of the granola. The golden, crispy texture of the granola contrasts wonderfully with the silky texture of the yoghurt and the tenderness of the bananas.

For the drink, I crafted a **Citrus Coconut Refresher**, a mixture of coconut water, orange juice, lime juice, and homemade oat milk. I paired the zesty notes of the orange juice with the refreshing and tropical notes of the coconut water and the tartness of the lime juice, while the oat milk balanced it with its toasty flavour. The velvety oat milk mixed with the lightness of the coconut water and orange juice formed a perfectly crisp and refreshing summer drink.

All three dishes pair so well with each other, as the bright, cooling feel of the Citrus Coconut Refresher contrasts with the bold flavour of the Crispy Rice Omelette, preventing the meal from feeling too heavy. The yoghurt bowl then finishes the menu off with naturally sweet notes that prevent a sugar spike before exams, while the coconut yoghurt ties it with the coconut water in the refresher, creating an overall beautifully cohesive menu with a wide range of flavours and textures.

Written by Neva, Year 10