

TEACHING KITCHEN

GET YOUR TEAM TOGETHER FOR A HANDS-ON EXPERIENCE
IN THE KITCHEN WITH A FLIK DIETITIAN AND CHEF!

HOW IT WORKS

1. Pick your class.
2. Schedule a date and time with us.
3. Arrive at your Teaching Kitchen class ready to learn and cook alongside a FLIK RD and chef! Enjoy the fruits of your labor after the class with colleagues.

KEY HIGHLIGHTS

PRICE:

\$75 per person

LENGTH: 60 Minutes

CLASS CAPACITY:

15 guests

CUSTOM CLASSES

Have an idea for your teaching kitchen?

Contact us and let us know. We are happy to customize an event for you.

READY TO
SCHEDULE
YOUR CLASS?

CONTACT US!

Olivia Bubri

Regional Wellness Manager

olivia.bubri@compass-usa.com



LITTLE ITALY: PASTA FROM SCRATCH

Making pasta is easier than you think! Learn how to make pasta from scratch in this class.



SABOR DE COLOMBIA: AREPAS

Learn how to make authentic Colombian arepas, as well as a variety of fillings to top them with in this class.



LATIN STREET FOODS: EMPANADAS

Step up your your Latin Street Food game and learn how to make authentic empanadas from scratch.



VEGGIE-PACKED MORROCAN MEATBALLS

One of our favorite no-fuss meals! Learn how to cook Moroccan meatballs revved up with fiber-rich veggies.



ONE PAN MEALS: SHEET PAN FAJITAS

One pan meals make quick, easy clean up dinners. Learn how to make sheet pan fajitas for an easy, healthy meal.



SWEET TREATS: DARK CHOCOLATE BARK

Calling all chocolate lovers! Join us as we learn how to make homemade dark chocolate bark.

TEACHING KITCHEN

GET YOUR TEAM TOGETHER FOR A HANDS-ON EXPERIENCE
IN THE KITCHEN WITH A FLIK DIETITIAN AND CHEF!



30 MINUTE MEALS

Short on time? We've got you covered! Learn how to make some of our favorite meals that will take you only 30 minutes to make - start to finish!



PREP NOW, EAT LATER

Make mealtime simpler than ever by preparing ahead of time. This easy weeknight dinner prep will keep you out of the kitchen after a long day.



KNIFE SKILLS 101

A must for every home chef! You will learn how to use your knife to effectively (and safely!) slice, dice, julienne, and much more.



THE ART OF GNOCCHI

No need to be intimidated! Gnocchi is easier to make than you think. In this class, you'll learn how to perfect the art of this classic Italian dish.



PLANT-POWERED "BUDDHA BOWL"

Those Instagram-worthy power bowls in all their glory. You will make a sweet potato, chickpea "Buddha" bowl during this class.



WASTE NOT, WAG A LOT

Learn how to use leftover food scraps to make delicious doggie treats that your pup will love.



WASTE NOT SHAKER SALAD

Reduce food waste by learning how to use the entire vegetable during cooking as you construct your own shaker salad.



MEXICAN STREET TACOS

Learn how to make authentic and flavorful Mexican street tacos with homemade corn tortillas.



MYSTERY BASKET

Full dinner or lunch. You select the protein, we choose the rest (shh... it's a secret).