

Minty Thai Chicken Salad

Lettuce Wraps, Fish Sauce FIT



Serving size: 3 each

Makes 5 servings

- 1 ½ tsp Canola Oil
- 1 ½ tsp Red Pepper Flakes
- ¼ tsp Paprika, ground
- 3 TBSP Onion, diced
- 1 ½ tsp lemongrass, minced
- 12 oz Ground Chicken Breast, skinless
- 1 tsp Brown Sugar
- 2 TBSP Fish Sauce
- 1 small Roma Tomato, seeded julienned
- ½ each English Cucumber, julienned
- 3 TBSP Lime Juice
- 2 each Makrut Lime Leaves, julienned
- ½ cup Green Cabbage, shredded
- ¼ cup Mint, fresh
- 15 each Lettuce leaves
- 15 each Cilantro Sprigs

Preparation:

1. Heat oil in a sauté pan. Add chili flakes and paprika, cook for 10 seconds. Add onion and lemongrass, cook until softened.
2. Add chicken, brown sugar, and fish sauce. Cook until chicken internal temperature reaches 165°F.
3. In a bowl combine the chicken mixture, cucumbers, tomatoes, lime juice, lime leaves, cabbage and mint leaves. Chill mixture.
4. Fill each lettuce leaf with 1/4 cup of chicken mixture. Garnish each lettuce wrap with a sprig of cilantro.



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NUTRITION FACTS PER SERVING

calories	120
total fat (g)	3
saturated fat (g)	<1
trans fat (g)	0
sodium (mg)	470
total carbohydrate (g)	5
dietary fiber (g)	1
sugar (g)	3
protein (g)	17

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Strawberry, Feta, Mint Salad FIT

Serving size: 1/2 cup

Makes 9 servings

- 11 oz English Cucumber, diced
- 1/4 cup Red Onion, julienned
- 1/2 cup Mint, fresh chopped
- 1/2 cup Parsley, fresh chopped
- 1/2 cup Feta, crumbled
- 2 lbs Strawberries, fresh quartered
- 1/4 cup Olive Oil
- 2 TBSP White Balsamic Vinegar
- 1/3 tsp Black Pepper

Preparation:

1. Place strawberries, cucumber, and onion in a large bowl with herbs and feta.
2. In a separate bowl, mix olive oil, balsamic, and pepper.
3. Pour dressing over salad and gently toss to mix.



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NUTRITION FACTS PER SERVING

calories	120
total fat (g)	8
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	10
dietary fiber (g)	3
sugar (g)	5
protein (g)	2

Arugula Pesto Tofu, Broccoli, Cauliflower, Quinoa, Lemon Herb Dressing Bowl FIT



Serving size: 1 each

Makes 1 servings

Lemon Herb Dressing

- 2 TBSP Oregano, fresh chopped
- 2 TBSP Basil, fresh chopped
- ¾ tsp Salt
- 1 tsp Black Pepper
- ¾ cup Lemon Juice, fresh
- ¼ cup Olive Oil

Arugula Pesto

- 1/3 cup Pesto Sauce
- 2oz Arugula, slightly steamed

Bowl

- ½ cup Quinoa Pilaf
- 4oz Grilled Tofu
- ¼ cup Roasted Broccoli
- ¼ cup Roasted Cauliflower

Preparation:

1. In a bowl, whisk together to combine the olive oil, lemon juice, oregano, basil, salt and pepper to make the dressing and set aside.
2. Combine arugula and pesto in a blender. Pulse until completely mixed (consistency will be thick). Set aside.
3. Cook quinoa according to recipe.
4. To assemble bowl, layer:
 - ½ cup quinoa pilaf
 - ¼ cup broccoli
 - ¼ cup cauliflower
 - 4oz tofu
 - 1 TBSP Lemon Herb Dressing
 - 2 TBSP Arugula Pesto

RD TIP: Dressing will remain fresh in fridge for 7-10 days. Use as a marinade on chicken & fish or top your favorite salads.



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NUTRITION FACTS PER SERVING

calories	400
total fat (g)	24
saturated fat (g)	3
trans fat (g)	0
sodium (mg)	494
total carbohydrate (g)	29
dietary fiber (g)	7
sugar (g)	2
protein (g)	20

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