

# VIRTUAL TEACHING KITCHEN

GET YOUR TEAM TOGETHER AND GET HANDS ON IN THE KITCHEN WITH A FLIK DIETITIAN AND CHEF IN OUR VIRTUAL TEACHING KITCHEN EXPERIENCE

## HOW IT WORKS

1. Pick your class
2. Schedule a date and time with us
3. We will send you the recipes and a shopping list before the class
4. Join us live and cook along with us

## KEY HIGHLIGHTS

### PRICE:

5-19 people: \$20 pp

20-30 people: \$375

### LENGTH:

60 Minutes

### CLASS CAPACITY:

30 guests

## CUSTOM CURATED CLASSES

Have an idea for your virtual teaching kitchen, contact us and let us know. We are happy to customize an event for you.

## READY TO BOOK YOUR CLASS

## CONTACT US

[ivy.mumo@compass-usa.com](mailto:ivy.mumo@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



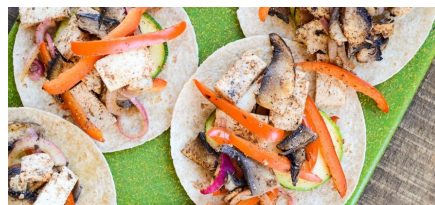
### LATIN STREET FOODS: EMPANADAS

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



### COOKING W/ KIDS: MORROCAN MEATBALLS

Bring your kids to the kitchen and let's make kid friendly Morrocan meatballs reved up with 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 CHOCOALTE BARK

Calling all chocolate lovers to join in and learn how to make chocolate bark featuring Nestle Toll House Chocolate Morsels