

SOBA NOODLE SALAD, GREENS, LAQUERED CHICKEN, CARROT GINGER MISO DRESSING

Serving size: 1 each

Makes 1 servings

Ingredients:

Soba Noodle Salad

- ½ cup Soba Noodles, cooked
- ¼ each Baby Bok Choy, steamed
- 1 floz Carrot Ginger Miso Dressing
- 1 each Lacquered Chicken Breast
- 2 cups Napa Cabbage, shredded
- ¼ cup Carrots, shredded
- ¼ cup Cucumbers, diced
- ¼ cup Daikon Radish, shredded
- ½ cup Snow Peas, halved
- 1 tsp Sesame Seeds
- 1 TBSP Cilantro, chopped

Carrot Ginger Miso Dressing

(yields 2 cups)

- ½ cup Carrots, sliced
- 1 ½ TBSP Rice Wine Vinegar
- ¾ tsp White Miso Paste
- 1 tsp Fresh Ginger, grated
- 2 tsp Yellow Onion, chopped
- ½ tsp Salt
- 3 TBSP Canola Oil

Lacquered Chicken

- 5 oz Raw Chicken Breast, boneless, skinless
- 2 tsp Granulated Sugar
- ½ TBSP Fresh Ginger, minced
- ½ tsp Garlic Cloves, chopped
- 1 TBSP Soy Sauce

Preparation:

1. Prepare soba noodles according to package instructions. Set aside.
2. Quarter bok choy, keeping base intact. Steam in basket over simmering water, covered, 2 minutes or until tender.
3. Prepare Carrot Ginger Miso Dressing:
 - o Combine carrots, vinegar, miso, ginger, onion, and salt in a blender. Puree until smooth. Continue to blend while streaming in canola oil until dressing is emulsified. Strain dressing with a strainer to ensure dressing is smooth, removing any large lumps.
4. Prepare Lacquered Chicken Breast:
 - o Mix together sugar, ginger, garlic, and soy sauce until sugar is dissolved. Marinate chicken in mixture overnight.
 - o Remove chicken from marinade and discard excess marinade. Grill chicken to an internal temperature 165F.
5. Toss together salad with soba noodles, chicken, carrot ginger dressing, bok choy and remaining ingredients.



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SOY SESAME MARINATED CUCUMBER SALAD

Serving size: 1/2 cup

Makes 8 servings

Ingredients:

- 3 TBSP Rice Vinegar
- 1 tsp Sugar
- 1 tsp Hot Chili Oil
- 1 tsp Sesame Oil
- 1 tsp Garlic Cloves, minced
- 3 TBSP Low Sodium Soy Sauce
- 2 Cucumbers, sliced
- 1/4 cup Cilantro, chopped
- 1 tsp Black Sesame Seeds
- 1 TBSP Green Onions, chopped

Preparation:

1. In a bowl, whisk together rice vinegar, sugar, chili oil, sesame oil, garlic and soy sauce.
2. Toss sliced cucumbers with soy dressing, Garnish with cilantro, scallions, and sesame seeds before serving.



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LEMON, APPLE, GREEN JUICE

Serving size: 8 floz

Makes 1 serving

Ingredients:

- $\frac{1}{2}$ each Granny Smith Apple
- 1 cup Cucumbers
- 4 each Kale Leaves
- $\frac{1}{3}$ each Celery Stalk
- 1 tsp Lemon Juice
- 5 each Parsley Sprigs

Preparation:

1. Juice all ingredients using an extraction juicer. Mix together and serve over ice.



Registered Dietitian Approved!

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