



LOW CARBON COMBOS

Celebrate Earth Month with recipes featuring ingredients that support regenerative agriculture practices or use minimal land and water resources.

Food by FLIK

Barbecue Pulled Jackfruit

Portion Size: $\frac{3}{4}$ cup Yield: 17 servings



Ingredients:

Jackfruit, fresh	17 $\frac{1}{2}$ lbs.
Kansas City Classic Barbecue Sauce	1 $\frac{3}{4}$ cups
Chili Powder	2 tbsp
Ground Cayenne Pepper	1 tbsp
Smoked Paprika	1 tbsp
Yellow Onions, julienned	1 cup
Kosher Salt	1 tsp
Green Onions, chopped	$\frac{1}{4}$ cup

Preparation:

1. Cut jackfruit in half lengthwise with a large knife. Cut from end to end in wedges, then cut out the white core from each wedge.
2. Cut along the white/pale flesh to remove the bright yellow/orange bulbs. Open bulbs and remove seeds (seeds can be roasted and used in another application). Remove the tough fibrous piece from the top of the bulbs where the seeds were connected to the bulb.
3. Bring a pot of water to a simmer. Add jackfruit bulbs. Simmer jackfruit until it is tender enough to shred, about 10-15 minutes depending on ripeness. Drain excess water and allow jackfruit to cool. Use two forks to shred.
4. In a bowl, toss together shredded jackfruit, barbecue sauce, chili powder, cayenne, smoked paprika, yellow onion, and salt.
5. Prepare a sheet tray with pan spray. Spread jackfruit in a thin layer on sheet tray. Roast in a 375°F oven until slightly crispy, meaty, and caramelized, about 40 minutes, stirring every 10 minutes.
6. Garnish with green onions.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
230	2	0	400	4	56	4	45



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Roasted Garlic Mashed Parsnips and Cauliflower, Lemon

Portion Size: ½ cup Yield: 11 servings



Ingredients:

Extra Virgin Olive Oil	¼ cup
Canola Oil	¼ cup
Garlic Cloves, peeled	10 cloves
Parsnips, peeled, cubed	2 ½ cups
Cauliflower Florets	2 cups
Kosher Salt	½ tsp
Ground Black Pepper	½ tsp
Lemon Juice	1 tbsp
Lemon Zest	1 ½ tsp
Fresh Parsley, chopped	2 tbsp

Preparation:

1. Preheat oven to 350°F.
2. Combine olive oil and canola oil on a sheet pan with garlic cloves and cover with foil. Roast in oven until garlic is very tender, about 30-45 minutes.
3. Heat a pot of water to a simmer. Add parsnips and cauliflower and cook until fork tender. Drain off excess water.
4. In the bowl of a stand mixer fitted with a paddle attachment, combine roasted garlic and oil, parsnips, cauliflower, salt, pepper, lemon juice, and lemon zest. Beat until almost smooth.
5. Garnish with parsley.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
150	10	1	100	2	15	3	4



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