



**ASIAN  
AMERICAN  
PACIFIC ISLANDER  
HERITAGE MONTH**

Explore new flavors from the continent of Asia with our FIT fusion bao buns.

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Food by FLIK

# Vietnamese Pork, Sriracha Mayo, Pickled Daikon and Carrot Steamed Buns FIT

Portion Size: 2 each  
Makes: 6 servings



### For the Pork:

Ginger, minced	1/3 oz
Garlic, chopped	1/3 oz
Sriracha Chili Sauce	1½ TBSP
Water	¾ cup
Boneless Pork Loin Roast	15 oz

### For the Pickled Vegetables:

Carrots, cut in matchsticks	4 oz
Daikon Radish, cut in matchsticks	4 oz

Salt	¼ tsp
Warm Water	¼ cup
Sugar	2 TBSP
White Vinegar	5 TBSP

### To Finish:

Light Mayonnaise	¾ cup
Sriracha Chili Sauce	1½ TBSP
Bao Buns (2oz each)*	12 each
Cilantro	12 sprigs

### Preparation:

We recommended planning ahead for this recipe! It is best to marinate the pork and allow the vegetables to pickle in the refrigerator overnight.

1. Prepare the pork: In a small pot, whisk together ginger, garlic, sriracha, and water over low heat. Simmer 15 minutes. Cool and transfer to a plastic bag. Add pork to bag with marinade, refrigerate for 1 hour or overnight. When ready to cook, preheat oven to 425°F and roast pork 25-35 minutes until internal temperature reaches 155°F. Rest 5-10 minutes and slice thin.
2. Pickle the vegetables: Toss carrots and daikon with salt. Place in a colander for 3 minutes and use a paper towel to gently press out excess water. Transfer to a glass jar or container. In a separate bowl, whisk together warm water and sugar until sugar dissolves. Stir in vinegar. Pour pickling liquid over carrots and daikon and marinate in the refrigerator overnight. Drain before serving.
3. To finish: In a small bowl, whisk together light mayo and sriracha. Steam buns according to package instructions. Spread ~1 TBSP sriracha mayo in the center of each bao bun. Divide pork and pickled vegetables evenly between all bao buns (~1 oz pork, ~1 oz pickled vegetables). Top each with fresh cilantro.

\*Find bao buns in international aisles in grocery store at specialty gourmet or international grocers

### Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
500	13	3	530	23	67	2	17



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# Sweet Chili Tofu, Pickled Vegetables Steamed Buns FIT

Portion Size: 2 each | Makes: 4 servings



## For the Pickled Vegetables:

Red Onion, sliced thin	3 oz
Carrots, cut in matchsticks	2.5 oz
Daikon Radish, cut in matchsticks	2.5 oz
Jalapeno, sliced thin	2/3 oz
Salt	1 tsp
Sugar	1½ TBSP
Warm Water	1/3 cup
Rice Wine Vinegar	½ cup

## For the Tofu:

Extra Firm Tofu	1 pound
Spray Oil	as needed
Salt	½ tsp
Black Pepper	¼ tsp

Sweet Chili Sauce	1 TBSP
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## For the Dressing:

Sweet Chili Sauce	1½ TBSP
Unsweetened Coconut Milk	1½ TBSP
Light Mayonnaise	1½ TBSP
Sriracha Sauce	½ tsp
Fresh Lime Juice	¼ tsp

## To Finish:

Bao Buns (2oz each)*	8 each
Cilantro, chopped	½ cup
Chinese Cabbage, shredded	½ cup
Jalapeno, chopped	½ cup
Lime Wedges	4 each

## Preparation:

We recommended planning ahead for this recipe! It is best to allow the vegetables to pickle overnight.

1. Pickle the vegetables: Toss onion, carrots, daikon, and jalapeno with salt. Place in a colander for 3 minutes and use a paper towel to gently press out excess water. Transfer to a glass jar or container. In a separate bowl, whisk together warm water and sugar until sugar dissolves. Stir in vinegar. Pour pickling liquid over veggies, refrigerate overnight. Drain before serving.
2. Prepare the tofu: Press tofu for at least two hours to drain water. Slice in half lengthwise and pat dry with paper towels. Prepare a skillet or grill pan with cooking spray and place over medium-high heat. Sear tofu until marked on both sides and warm throughout. Cut tofu into 1-inch cubes and toss with sweet chili sauce, salt, and pepper.
3. Prepare the dressing: In a small bowl, whisk together sweet chili sauce, coconut milk, mayo, sriracha, and lime juice.
4. Assemble the buns: Steam buns according to package instructions. Divide ingredients evenly between all buns (about 1.5oz tofu, 3 TBSP pickled vegetables, 1 TBSP cilantro, 1 TBSP cabbage, 1 TBSP jalapeno, and ½ TBSP coconut lime dressing). Garnish each plate (2 bao buns) with a lime wedge.

\*Find bao buns in international aisles in grocery store at specialty gourmet or international grocers

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
480	9.5	2	590	22	23	5.5	23



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# *Functions of* **FOOD**

## **MOOD**

Nutrients that support your mind and mood include omega-3s, magnesium, vitamin D, vitamin B6, vitamin B12, and folate.

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# Functions of **FOOD**

## Blueberry, Lemon, Chia Overnight Oats

Portion Size: 1 each

Yield: 4 servings

### Ingredients:

Old Fashioned Oats	1½ cups
Plain Soy Milk	2½ cups
Vanilla Extract	1 tsp
Honey	¼ cup
Fresh Lemon Zest	1 tsp
Fresh Blueberries	1 cup
Chia Seeds	¼ cup

### Preparation:

1. Combine oats and soy milk in a bowl. Allow to soak overnight, but not more than 15 hours.
2. Divide overnight oats evenly among 4 bowls (~1 cup each). Top each with ¼ tsp vanilla extract, 1 TBSP honey, ¼ tsp lemon zest, ¼ cup blueberries, and 1 TBSP chia seeds. Mix thoroughly or enjoy layered.

### Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
360	9.5	1	80	12	60	10	28



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BLOG



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# Functions of **FOOD**

## Salmon Gyro, Tzatziki Sauce, Whole Wheat Pita

Portion Size: 1 each

Yield: 4 servings

### For the Tzatziki Sauce:

Cucumber, seeded, diced	½ cup
Fat Free Plain Yogurt	2/3 cup
White Wine Vinegar	2 tsp
Dill, chopped	1 tsp
Salt	¼ tsp
Canola Oil	1 tsp
Garlic, minced	½ tsp

### For the Gyro:

Salmon Filet	20 oz
Black Pepper	1 tsp
Oil Spray	as needed
Iceberg Lettuce, shredded	4 cups
Tomatoes, diced	1 cup
Whole Wheat Pita Pocket, 6"	4 each

### Preparation:

1. Prepare the tzatziki sauce: Combine cucumber, yogurt, vinegar, dill, salt, oil, and garlic. Mix until smooth.
2. Portion salmon into 5 oz filets and sprinkle with black pepper. Prepare a sauté pan or grill pan with cooking spray and place over medium high heat. Grill salmon, flipping once, until internal temperature is 140°F.
3. Fill each pita with 1 piece of salmon, 1 cup shredded lettuce, ¼ cup tomatoes. Drizzle with ¼ cup tzatziki sauce.

### Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
450	17	3	465	34	43	5.5	7



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