

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





Portion Size: 2 each Makes: 6 servings



For the Pork:		Salt	1/4 tsp
Ginger, minced	1/3 oz	Warm Water	¹⁄₄ cup
Garlic, chopped	1/3 oz	Sugar	2 TBSP
Sriracha Chili Sauce	1½ TBSP	White Vinegar	5 TBSP
Water	¾ cup	To Finish:	
Boneless Pork Loin Roast	15 oz	Light Mayonnaise	¾ cup
For the Pickled Vegetables:		Sriracha Chili Sauce	1½ TBSP
Carrots, cut in matchsticks	4 oz	Bao Buns (2oz each)*	12 each
Daikon Radish, cut in matchsticks	4 oz	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.

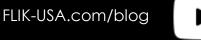
- 1. Prepare the pork: In a small pot, whisk together ginger, garlic, sriracha, and water over low heat. Simmer 15 minutes. Cool and transfer to a plastic bag. Add pork to bag with marinade, refrigerate for 1 hour or overnight. When ready to cook, preheat oven to 425°F and roast pork 25-35 minutes until 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.

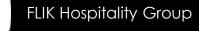
*Find bao buns in international aisles in grocery store at specialty gourmet or international grocers

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











For the Pickled Vegetables:		Sweet Chili Sauce	1 TBSP
Red Onion, sliced thin	3 oz	For the Dressing:	
Carrots, cut in matchsticks	2.5 oz	Sweet Chili Sauce	1½ TBSP
Daikon Radish, cut in matchsticks	2.5 oz	Unsweetened Coconut Milk	1½ TBSP
Jalapeno, sliced thin	2/3 oz	Light Mayonnaise	1½ TBSP
Salt	1 tsp	Sriracha Sauce	½ tsp
Sugar	1½ TBSP	Fresh Lime Juice	¹⁄₄ tsp
Warm Water	1/3 cup	To Finish:	
Rice Wine Vinegar	½ cup	Bao Buns (2oz each)*	8 each
For the Tofu:		Cilantro, chopped	½ cup
Extra Firm Tofu	1 pound	Chinese Cabbage, shredded	½ cup
Spray Oil	as needed	Jalapeno, chopped	½ cup
Salt	½ tsp	Lime Wedges	4 each
Black Pepper	1/4 tsp		

Preparation:

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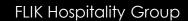
- 1. Pickle the vegetables: Toss onion, carrots, daikon, and jalapeno with salt. Place in a colander for 3 minutes and use a paper towel to gently press out excess water. Transfer to a glass jar or container. In a separate bowl, whisk together warm water and sugar until sugar dissolves. Stir in vinegar. 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.

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

Blueberry, Lemon, Chia Overnight Oats

Portion Size: 1 each Yield: 4 servings

Ingredients:

Old Fashioned Oats

Plain Soy Milk

2½ cups

Vanilla Extract

1 tsp

Honey

Fresh Lemon Zest

1 tsp

Fresh Blueberries

1 cup

Chia Seeds

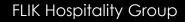
Preparation:

- 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







Functions of FOOD

Salmon Gyro, Tzatziki Sauce, Whole Wheat Pita

Portion Size: 1 each Yield: 4 servings

For the Tzatziki Sauce:		For the Gyro:	
Cucumber, seeded, diced	½ cup	Salmon Filet	20 oz
Fat Free Plain Yogurt	2/3 cup	Black Pepper	1 tsp
White Wine Vinegar	2 tsp	Oil Spray	as needed
Dill, chopped	1 tsp	Iceberg Lettuce, shredded	4 cups
Salt	1/4 tsp	Tomatoes, diced	1 cup
Canola Oil	1 tsp	Whole Wheat Pita Pocket, 6"	4 each
Garlic, minced	½ tsp		

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, $\frac{1}{4}$ cup tomatoes. Drizzle with $\frac{1}{4}$ 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



