Participant’s Name: Contact Phone/Email:

Delivery/Class Date: Please indicate if you wish to Split your Entrees-

Delivery Address: Allergies/Dietary Restrictions:

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| **Entrees** (Select a total of 8) | **Qty** |
| **Grilled Vietnamese Beef**  Over the top yummy! We take AAA top sirloin steak and marinade it w fresh lemon grass, mint, garlic, soy sauce & sugar. Then you grill it on the BBQ slice on the bias & create the most flavourful **Vietnamese Street Sandwiches!** Yes we will give you the recipe. | 0 |
| **Traditional and Delicious Meat Lasagne**  Layers of fresh lasagne noodles, lean ground beef and sausage, luscious tomato sauce, and ricotta/mozzarella cheese. Fantastic and easy dinner that everyone will love. | 0 |
| **Kang Pha Nang (Chicken Curry in a sweet/spicy peanut sauce)**  Straight from my cookery course in Thailand at lovely Railay Beach. Wonderful sweet/spicy chicken curry dish is made with chicken breast, coconut milk, Kaffir leaves, authentic red curry paste and peanuts. Veggie Option: Tofu | 0 |
| **Honey Pecan Crusted Wild Salmon**  Beautiful BC wild salmon, topped with sweet and wonderful honey glaze and crunchy pecans/panko crust! | 0 |
| **Channa Saag Paneer**  Wonderful meatless dish with chickpeas, fresh paneer cheese, tonnes of healthy spinach and an array of Indian spices. | 0 |
| **Indian Lamb Curry**  Wonderful chunks of lamb in a, rich and flavourful curry gravy with fresh tomatoes, onions, curry, Indian spices, fresh garlic and garlic. Yum! | 0 |
| **Honey Paprika Chicken Stuffed with Fresh Basil & Goat Cheese with a Tomato/Cream Sauce**  This dish was created in my Mom’s kitchen last summer. We found this great recipe and realized we were missing half the ingredients? Eventfulness and plentiful fresh basil from the garden, created this scrumptious recipe. Which I think is even better than the original. | 0 |
| **Basil Pesto Chicken and Artichoke Lasagne Roll Ups**  Whole Wheat Lasagne noodles rolled up with Basil Pesto Chicken or Tofu, Artichokes, Ricotta Cheese and Garlic and Topped off with a delicious tomato sauce. In the end you will have created beautiful individual lasagne pinwheels.  For Veggie option, please indicate. | 0 |
| **Classic Cottage Pie**  Comfort food at its best. Lean ground beef seasoned w red wine, butter, onion, carrot, and celery. Topped off with a delicious garlic mashed potato with just a hint of cream for richness. Last but not least crunchy parmesan crust. | 0 |
| **BBQ Pork Tenderloin Ribs**  First you take pork tenderloin and slice it down the middle, score it to look like ribs and season it with all of the yummy BBQ seasonings and sauce. Guess what you get tonnes of BBQ flavour with-out all the fat of traditional ribs. | 0 |
| **Crunchy Panko Crusted Fish Sticks**  Another kid favourite that is sure to be a hit! Beautiful fresh white tilapia fillets coated in a crunchy garlicky panko mixture. | 0 |
| **Three Bean/Spinach Enchiladas**  Fantastic vegetarian entree. Whole Tortilla Shells filled w black beans, kidney beans & white beans, seasoned with chilli, cilantro and salsa. Topped w Mexican tomato sauce & three cheese blend. This family favourite is delicious & nutritious! | 0 |

**Instructions:** Select 8 entrees below (you can double up on your favourites) and send to Well Fed on or before the Thursday prior to your class. One menu sheet per participant. Send your selections to: [info@wellfedstudio.com](mailto:info@wellfedstudio.com).

Meal Assembly Menu – March 2014

***\*All Well Fed Chicken is free run, antibiotic and hormone free***