

FIT FOOD

A CORPORATE FOUR-PART SERIES

Cook well, eat healthy, stay inspired.



Informative, collaborative and delicious, this bespoke series of cooking classes is designed to promote a fit lifestyle. Over the span of 4 classes, your group will learn how to cook dynamic and healthy menus supported by a team of experienced chefs culminating in a Q & A session featuring our resident Fit Food Dietitian. Classes may be arranged over the course of one month or longer depending on your requirements.

SESSION 1*

Healthy Brunch Ideas & the Versatility of Chicken

Multiseed Brown Yeast Bread with Avocado Smash, Poached Egg, Chilli & Mint Oil

Chicken with Dried Porcini, Parsnips & Pearl Barley

Griddled Lemon Chicken with Tomato & Olive Salsa

Roasted Squash with Spices & Chilli Yoghurt

SESSION 2*

The Benefits of Fish, Grains & Seeds

Overnight Oats with Pomegranate, Pumpkin Seeds, Chia Seeds & Banana

Pan-Fried Mackerel with Celeriac, Fennel & Apple Salad

Roasted Cod with Salsa Verde, Lemon Couscous, Tenderstem Broccoli & Chilli

Poached Salmon with Celery & Raisin Salsa

Granola Bars



2 Brookfield Terrace, Blackrock Co. Dublin
PHONE +353 (0)1 2100 555 EMAIL info@dublincookeryschool.ie
www.dublincookeryschool.ie

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Improve your team's work-life balance with this series of healthy cooking classes!



SESSION 3*

Healthy Family Meals & the Benefit of Legumes

Curried Squash, Lentil & Chickpea Soup

Vegetable Bean Chilli with Flatbread
Guacamole & Pickled Cucumber

Stir-Fry of Pork with Cauliflower,
Pepper & Pak Choy

Bran Muffins with Dried Cranberries

SESSION 4*

The Natural Benefits of Middle Eastern Cooking

Shakshuka

Butterbean Hummus with
Roasted Peppers & Hazelnuts

Lamb Koftas with Burnt Aubergine &
Pomegranate Molasses Sauce

Roasted Carrot Salad with
Cumin & Goat's Cheese

Baked Plums & Vanilla Labneh

Enjoy regular, personalised group cooking classes that combine the best of everything in one entertaining evening: informative demos; private hands-on sessions in a sleek, professional kitchen; and beautiful (and healthy!) food to sample all night long.

**Sample menus subject to change*



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Host a Corporate Event with Us!

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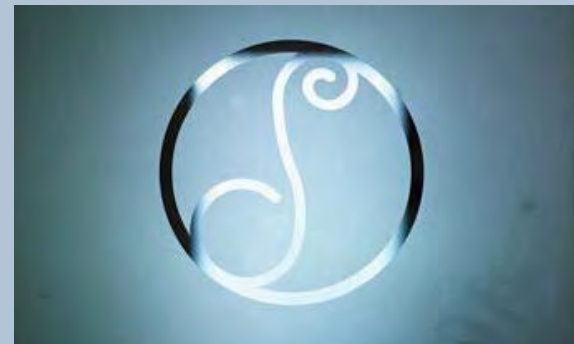
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FIT FOOD 4-PART SERIES PACKAGE

Enjoy a cumulative series of 4 healthy group cooking classes that combine the best of everything in one entertaining evening: informative demos; private hands-on sessions in a sleek, professional kitchen; and beautiful food to sample all night long.



We would be delighted to take you on a tour of the school and answer any questions that you might have! Just call us or drop us a line to make an appointment.

PRICING



GROUP SIZE

UP TO 12
13 - 17
18 - 24

PACKAGE

TEAM BUILDING

*price per person (per class) **

€60
€55
€50

- * Pricing is exclusive of 13.5% VAT; minimum group fee is €780
- Fit Food classes take place in our state-of-the-art kitchen from 7:00 PM - 9:30 PM
- Prices include printed recipe packs to take home and 1 group Q&A session with our resident Fit Food Dietitian.

