

**Time: 6:30pm CST**

**Cost: $25/person; $35 per household of 4 or less**

**Register at: [comfortnspice.com](http://comfortnspice.com/)**

***Calling all Omnivores, Pescatarians, Vegetarians, and Vegans!***

***THIS Cook Along is for EVERYONE!***

Learn to make flavorful, tender crisp vegetables topped with fresh herbs, your choice of perfectly seared protein and a mildly spicy chile vinegar. This DELICIOUS dish is layered with flavors, texture, and health benefits! *Personal Chef Tira will show you how to make healthy food taste good!*

Pan Seared chicken, fish, or tofu with

tender-criSp vegetables, fresh herbs, and spicy vinegar

Friday, June 3, 2022

!!!!

## A chicken, a fish, and tofu walk into a bar…

## !

**THEY GOT SERVED!**

*Reservations for Personal Chef Tira’s Virtual Cook and Eat Alongs are sold to individuals and/or a household or location of 4 or less people.* ***Group rates may be available.*** *All reservations must include payment in full. Recipes and handouts will be provided via email approximately 5-7 days before class time. Please register at least 2 days before to ensure timely delivery of materials and a non-rushed shopping experience. Please reference the waiver form on the website for additional information.*