Plant Forward Menus WITH SOUTHEAST ASIAN FLAVORS







Traditional Asian family meals







HOW TO PLANT FORWARD

Recreate experiences of traditional Asia family meals

Vegetable centric, smaller portion of animal proteins

Vegetable 'tapas'

Think Indian thali, Malaysian nasi lemak, Vietnamese 'people's plates' and Thai street snacks

Flavors heightened by dipping sauces and toppings

Abundant use of tofu, soy based foods, legumes and other meatless proteins

Vegetables re-imagined

Menu presentation is key to plant-forward statement



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