

Fam Jam Kitchen FAQ

Q – I'm a vegetarian, can I still participate?

A - For both recipes, chicken can easily be omitted and still create a wonderful family-friendly dinner! We recommend substituting your favourite vegetarian protein products.

For the Caesar Salad, you could use a firm or smoked tofu and slice into 1/4 inch thick slices, and use the spice blend provided in the recipe to season. We recommend following the same cooking instructions - rubbing tofu with the spice blend and cooking tofu for 2-3 minutes per side until crispy and golden. Note - the recipe contains anchovy paste which can be substituted with miso paste or capers which brings the same salty umami flavour. The cheeses in the recipe are both already vegetarian and contain no rennet, so no substitution is needed there.

For the BBQ Pizza, we recommend a plant-based veggie ground product instead of chicken. If you are a fan of more adventurous plant-based proteins, a faux chicken product like TMRW Shreds or Gardein would make a lovely substitute here. Something as simple as mushrooms would also be lovely if those proteins are not your jam! These can all be cooked using the same method in the recipe. There is Worcestershire sauce in our housemade BBQ sauce, which contains seafood. If this is of concern for vegetarians creating the recipe, we advise using your favourite store-bought BBQ sauce instead.

Q – How do I know if I live within the Fresh Prep delivery zone?

A – You can search your postal code [here](#).

Q – When will my meal kits be delivered?

A – Your meal kits will be delivered during the week of April 4 – 9, towards the end of the week depending on your location. Ingredients in the meal kits are guaranteed fresh for at least four days after delivery.

Q – How do I watch the event?

A – You will receive a link to the broadcast in advance of the event. We recommend that you watch the event on a laptop or tablet so you are able to have it on your kitchen counter while you work. If you can see your TV from your kitchen, you could also connect your laptop to your TV with an HDMI cord or streaming device.

Q – Do I receive a tax receipt for my ticket purchase?

A – Ticketholders will receive a tax receipt for their \$41.00 contribution amount per \$100 family ticket purchased.

