



825136 - Teriyaki Noodles with Chicken

Source: K12 Culinary

Number of Portions: 20

Size of Portion: 1 3/4 cup

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Red/Orange

Vegetable, Other

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011212 EDAMAME,FRZ,PREP..... 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY.....	1 lb 2 lbs + 6 ozs	Thaw edamame and diced chicken overnight in refrigerator. (Note: Unseasoned pre-cooked chicken strips may be substituted.)
050466 SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT.....	2 lbs + 8 OZS (dry)	Prepare pasta: Place 4 inch deep full size perforated pan inside 4 inch deep solid, full size steamtable pan. Weigh pasta and break noodles into thirds. Place broken pasta into pan and cover completely with water, approximately 1 ½ gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Drain the spaghetti. CCP: Heat to 135° F or higher.
011110 CABBAGE,CKD,BLD,DRND,WO/SALT..... 011823 PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT.....	1 lb + 8 OZS (raw, EP, diced) 1 LB (fresh)	Rinse green cabbage and red pepper running water and drain in a colander. Cut cabbage into quarters and remove core; cut quarters in half, then into 1-inch dices. Weigh required amount of diced cabbage and set aside. Slice off both ends of peppers, creating a flat cylinder. Cut along the veins making flat "planks". Slice planks into 1/4 inch wide strips. Set aside.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 826512 Sauce, Teriyaki, Minor 11001951.....	1/3 cup 14 OZS (raw, shredded) 1 1/2 cups	Heat a tilt skillet to medium-high heat and add 1/3 cup of the vegetable oil. Add the edamame, chicken, cabbage, and red peppers and stir-fry for about 3 minutes. Add the shredded carrots and cook for an additional 1 minute. Add 1 ½ cups of the teriyaki sauce and continue to stir-fry for about 1 to 2 minutes. When the vegetables are tender-crisp, remove the vegetables to a full-size 2-inch steamtable pan; cover. CCP: Heat to 135° F or higher.

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 826512 Sauce, Teriyaki, Minor 11001951.....	1/3 cup 1 1/2 cups	Add the remaining 1/3 cup vegetable oil to the tilt skillet. When the oil shimmers add the drained spaghetti noodles. Stir-fry noodles with a flat spatula for about 3 minutes. Add the remaining 1 ½ cups teriyaki sauce to the noodles and continue to cook, stirring with a flat spatula. Remove noodles to a full-size 2-inch steamtable pan; cover. CCP: Heat to 135° F or higher.
		For service, portion 1 cup of the noodles using an 8-ounce spoodle. May use tongs to fill the 8 oz. spoodle. Top noodles with ¾ c. of the chicken and vegetables using a 6-ounce spoodle. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimal quality when reheated.

*Nutrients are based upon 1 Portion Size (1 3/4 cup)

Calories	500 kcal	Cholesterol	49 mg	Sugars	*21.0* g	Calcium	226.79 mg	23.16%	Calories from Total Fat
Total Fat	12.88 g	Sodium	467 mg	Protein	31.70 g	Iron	3.47 mg	3.69%	Calories from Saturated Fat
Saturated Fat	2.05 g	Carbohydrates	72.56 g	Vitamin A	3581.3 IU	Water ¹	*405.14* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	15.62 g	Vitamin C	175.8 mg	Ash ¹	*2.72* g	57.99%	Calories from Carbohydrates
								25.34%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.