



825106 - Nutty Asian Noodles w/ Chicken

Source: K12 Culinary

Number of Portions: 24

Size of Portion: each

Alternate Recipe Name: Asian Salad with Chicken

Alternate Recipe Name 2: Nutty Asian Chicken

Components:

Meat/Alt: 2 oz

Grains: 3 oz

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Vegetable, Other

Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
826153 Chicken Breast Strips, Grilled,Brakebush.....	4 lbs + 8 ozs	Thaw pre-cooked chicken overnight in the refrigerator. CCP: Hold at 41° F or lower.
826494 Flatbread, Oven Fired, WGR, Rich's 14010.....	12 each, 2.2 oz	Thaw flatbread at room temperature at least 24 hours in advance.
050465 SPAGHETTI, WHOLE GRAIN, DRY..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	3 lbs 3 Tbsp	Place 2 inch full size perforated pans inside 2 inch full size solid pans. Weigh pasta and add 1 lb 8 oz of pasta per pan. Break noodles into thirds. Cover each pan completely with water, approximately 1 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Rinse with cold water and drain. Place pasta in storage container and toss with vegetable oil to prevent sticking. Cover and store in refrigerator until ready to proceed with the recipe. The noodles work best for this dish if cooked and cooled the day prior to preparing the recipe. CCP: Heat to 135° F or higher. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41° F or lower.
011205 CUCUMBER,WITH PEEL,RAW..... 011112 CABBAGE,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 LBS (AP) 1 lb + 4 ozs 1 1/2 cups	CCP: No bare hand contact with ready to eat food. Rinse cucumber, red cabbage, and cilantro under running water. Roll cilantro in disposable paper towel to dry. Drain cucumbers and cabbage in a colander. Trim the ends from the cucumbers. Then cut across the cucumber into ¼ inch slices. Shred the red cabbage into fine ribbons using a chef knife or a slicing blade on a food processor. Remove cilantro leaves from stems and set aside. CCP: Hold at 41° F or lower.
		CCP: No bare hand contact with ready to eat food.

051540 Peanut Butter, Smooth.....	1 cup	Combine softened peanut butter, warm water, vegetable oil, soy sauce, white vinegar, sweet chili sauce, sriracha, and ground ginger. Whisk vigorously to blend.
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	3/4 cup	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1/4 cup	
826503 Sauce, Soy, less sodium, Kikkoman.....	1/4 cup	
002053 VINEGAR,DISTILLED.....	1/4 cup	Portion the sauce into 24 (1 oz) portion cups with lid. Set aside until ready to assemble the salads.
826498 Sauce, Sweet Chili, Mae Ploy.....	1/4 cup	
826497 Sauce, Sriracha, Huy Fong.....	2 tsp	
002021 GINGER,GROUND.....	1/2 tsp	CCP: Hold at 41° F or lower.
		CCP: No bare hand contact with ready to eat food. Just before assembling salads: Cut each square of thawed WG flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half, then cut the squares in half on the diagonal forming the triangles.
		CCP: No bare hand contact with ready to eat food. To assemble the salads: <ul style="list-style-type: none"> • Place 1 cup of the chilled spaghetti noodles in the large compartment of a three compartment container. • Place 1/8 c of shredded cabbage on each side of the noodles (total 1/4 cup per salad). • Place 2 slices of cucumbers on each side of the noodles over the shredded cabbage (Total of 4 slices/1/4 cup per salad).. • Use a portion scale to weigh 3 oz of the thawed unseasoned pre-cooked chicken strips, and place on top of the noodles. • Garnish with fresh cilantro leaves. • Fan 4 flat bread triangles in one of the small compartments of the salad container. • Place a 1 oz portion of the sauce into the remaining small compartment. Cover with lid of the container and cold hold until service. CCP: Hold and Serve at 41° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	500 kcal	Cholesterol	55 mg	Sugars	*5.7* g	Calcium	49.61 mg	25.50%	Calories from Total Fat
Total Fat	14.18 g	Sodium	837 mg	Protein	31.41 g	Iron	*2.97* mg	5.01%	Calories from Saturated Fat
Saturated Fat	2.79 g	Carbohydrates	65.52 g	Vitamin A	374.5 IU	Water ¹	*61.21* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	8.53 g	Vitamin C	14.6 mg	Ash ¹	*0.29* g	52.38%	Calories from Carbohydrates
								25.11%	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.