



825199 - Thai Chicken Bowl w/ Broccoli

Source: K12 Culinary
Number of Portions: 40
Size of Portion: each

Components:

Meat/Alt: 2 oz
Grains: 1 oz
Fruit:
Vegetable: 0.5 cup
Milk:

Recipe Subgroups:

Vegetable, Other
Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT....	5 lbs 2 LBS (frozen, diced)	Thaw diced chicken and carrots overnight in refrigerator.
825062R Cilantro Lime Rice.....	40 (1/2 cup)	Prepare 40 servings of Cilantro Lime Rice according to recipe #825062. Cover and hold until time for service. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
011091 BROCCOLI,CKD,BLD,DRND,WO/SALT..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	2 LBS (fresh florets) 2 LBS (fresh, diced)	Cut fresh broccoli florets in half (bite size pieces). Rinse onions under running water, cut in half, peel, then cut into large, ½ inch dice.
826508 Olive Oil Blend 90/10, Colavita L116..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 002021 GINGER,GROUND.....	2 Tbsp 1 tsp 1/2 TSP (ground) 1/4 tsp	Place thawed carrots and diced onions in a large bowl. Add oil, granulated garlic, black pepper, and ginger. Toss to coat evenly with oil. Spray full size sheet pan with food release. Place seasoned vegetables on sheet pan. Roast in a 350°F oven on high fan for approximately 9 minutes until onions are translucent and carrots are crisp tender or al dente. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Place broccoli in a 2-inch perforated pan and steam for approximately 3 to 4 minutes. Take care not to overcook broccoli. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Steam 5 lb of thawed, diced cooked chicken in 2 inch full size pan covered with lid or foil for 5 to 7 minutes. CCP: Heat to 135° F or higher.

		CCP: Hold at 135° F or higher.
826498 Sauce, Sweet Chili, Mae Ploy..... 826512 Sauce, Teriyaki, Minor 11001951.....	3 cups 1/2 cup	In a bowl, whisk together Sweet Thai Chili Sauce and Teriyaki Sauce. Just prior to service, toss chicken and vegetables in Sweet Thai Chili and Teriyaki Sauce mixture. Portion 1/2 cup Cilantro Lime Rice into a bowl and top with 2/3 cup chicken/vegetable mixture using no. 6 disher. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (each)

Calories	254 kcal	Cholesterol	43 mg	Sugars	*11.1* g	Calcium	27.72 mg	13.89%	Calories from Total Fat
Total Fat	3.92 g	Sodium	396 mg	Protein	15.27 g	Iron	1.09 mg	0.94%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	38.13 g	Vitamin A	4006.3 IU	Water ¹	*88.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.23 g	Vitamin C	15.7 mg	Ash ¹	*0.53* g	59.97%	Calories from Carbohydrates
								24.02%	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.