



## 825212 - Thai Chicken Bowl w/ Zucchini

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. <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>
011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR... 011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	2 lbs 2 LBS (fresh, diced)	Rinse and lightly scrub zucchini under running water; Cut zucchini into large, 1/2 inch dices. Rinse onions under running water, cut in half, peel, then cut into large, 1/2 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 zucchini, thawed carrots, and diced onions in a large bowl. Add oil, granulated garlic, black pepper, and ginger. Toss to coat evenly.  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 vegetables are crisp tender or al dente. <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>
		Steam 5 lb of thawed, diced cooked chicken in 2 inch full size pan covered with lid or foil for 5 to 7 minutes. <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>

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

\*Nutrients are based upon 1 Portion Size (each)

Calories	251 kcal	Cholesterol	43 mg	Sugars	*11.2* g	Calcium	23.84 mg	14.08%	Calories from Total Fat
Total Fat	3.92 g	Sodium	388 mg	Protein	15.05 g	Iron	1.04 mg	0.96%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	37.31 g	Vitamin A	3951.8 IU	Water <sup>1</sup>	*92.53* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.80 g	Vitamin C	5.7 mg	Ash <sup>1</sup>	*0.51* g	59.52%	Calories from Carbohydrates
								24.01%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.