



## 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:

Vegetable, Red/Orange

Vegetable, Other

Whole Grain Rich

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011212 EDAMAME,FRZ,PREP .....	1 lb	Thaw edamame and diced chicken overnight in refrigerator. (Note: Unseasoned pre-cooked chicken strips may be substituted.)
051520 Chicken, Diced, Cooked, Frozen.....	2 lbs + 6 ozs	
050466 SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT.....	2 lbs + 8 OZS (dry)	Prepare pasta: Place 4 inch full size perforated pan inside 4 inch full size solid pan. Weigh pasta and break noodles into thirds. Place broken pasta into pan and cover completely with water, approximately 1 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Drain the spaghetti.
011110 CABBAGE,CKD,BLD,DRND,WO/SALT.....	1 lb + 8 OZS (raw, EP, diced)	<b>CCP: Heat to 135° F or higher.</b> Rinse green cabbage and red pepper under 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.
011823 PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT.....	1 LB (fresh)	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1/3 cup	Heat a tilt skillet to medium-high heat and add the vegetable oil. (Note: Do not add the oil listed in the next step as it is reserved for cooking the noodles.) 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 teriyaki sauce and continue to stir-fry for about 1 to 2 minutes. (Note: Do not add the teriyaki sauce listed in the next step as it is reserved for seasoning the noodles.) When the vegetables are tender-crisp, transfer the vegetables to a 2 inch full size pan and cover. <b>CCP: Heat to 135° F or higher.</b>
011125 CARROTS,CKD,BLD,DRND,WO/SALT.....	14 OZS (raw, shredded)	
826512 Sauce, Teriyaki, Minor 11001951.....	1 1/2 cups	

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 826512 Sauce, Teriyaki, Minor 11001951.....	1/3 cup 1 1/2 cups	Add the remaining 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 teriyaki sauce to the noodles and continue to cook, stirring constantly with a flat spatula. Remove noodles to a 2 inch full size pan and cover. <b>CCP: Heat to 135° F or higher.</b>
		For service, portion 1 cup of the noodles using an 8 oz spoodle. May use tongs to fill the 8 oz spoodle. Top noodles with ¾ cup of the chicken and vegetables using a 6 oz spoodle. <b>CCP: Hold for hot service at 135° F or higher.</b>
		This recipe is best prepared for just in time service. Leftovers are not optimal quality when reheated.

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

Calories	488 kcal	Cholesterol	40 mg	Sugars	*21.0* g	Calcium	226.79 mg	23.23%	Calories from Total Fat
Total Fat	12.60 g	Sodium	496 mg	Protein	26.90 g	Iron	3.13 mg	2.63%	Calories from Saturated Fat
Saturated Fat	1.42 g	Carbohydrates	72.56 g	Vitamin A	3581.3 IU	Water <sup>1</sup>	*405.14* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	15.62 g	Vitamin C	177.0 mg	Ash <sup>1</sup>	*2.72* g	59.47%	Calories from Carbohydrates
								22.05%	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.