



## **KOREAN STIR FRY**

Lemongrass glazed pulled chicken stir-fried with soybeans, sugar snap peas, baby corn, red bell pepper and water chestnuts in a spicy glaze placed on top of a sweet carrot rice.

*SERVINGS: 23 portions*

<b>Ingredients</b>	<b>Amount</b>	<b>Amount</b>
	<b><u>(1 serving)</u></b>	<b><u>(10 servings)</u></b>
Tyson Wei Café® Thai Lemongrass Chicken (cooked to manufactures specifications) #20876-928	3/8 C (approx. 3.46 oz.)	4 ½ C (approx. 34.6 oz.)
Stir Fry Vegetables	1/3 C (approx. 2.6 oz.)	3 ¼ C (approx. 26 oz.)
Carrot Rice	1 C (approx. 1.1 oz.)	1 ¼ C (approx. 11 oz.)
Cilantro, minced	As Garnish	As Garnish
Red Bell Pepper, micro diced	As Garnish	As Garnish

### **DIRECTIONS:**

1. Lay the cooked carrot rice (follow sub recipe) on the bottom of the plate.
2. Place the stir-fried vegetables on top of the rice, followed by the tossed lemongrass chicken on top.
3. Garnish with cilantro and red bell pepper.
4. The ratio for a full serving is:

1 C – Carrot rice

1/3 C – Stir fry vegetables

3.46 oz. – Thai Lemongrass Dark Meat Strips with sauce (NAI)

1 Tbsp. – Red bell pepper and cilantro as garnish

### **TYSON® PRODUCTS USED:**

## **CARROT RICE**

Sub-Recipe

*Yield: 111 oz. or 39 cups*

<b>Ingredients</b>	<b>Amount</b>
	<b><u>(10 servings)</u></b>
Uncle Ben's Whole Grain Instant Brown Rice, Fast & Natural	5 C (approx. 41 oz.)
Water	8 ½ C (approx. 70 oz.)
Carrot, micro diced	2 C (approx. 12 stems.)

### **DIRECTIONS:**

1. Mix the rice with water in a full-size hotel pan and cover with aluminum foil.
2. Bake rice for approx. 35 minutes inside a pre-heated 350 oven until rice is cooked.
3. Mix carrots with cooked rice, Cover and hold inside a hot box at 140 degrees until ready to serve, no longer than 4 hours.

## **STIR FRY VEGETABLES**

Sub-Recipe

*Yield: 26 oz. or 12 cups*

<b>Ingredients</b>	<b>Amount</b>
	<b><u>(10 servings)</u></b>
Simplot Classic Vegetables, stir fry supreme 12/2 lb.	12/2 lb.
Vegetable Oil	¼ C (approx. 1.19 oz.)
Sesame Oil	¼ C (approx. 1.08 oz.)
Honey	¼ C (approx. 2.2 oz.)
Rice Vinegar	¼ C (approx. 1.15 oz.)
Sriracha Sauce	4 Tbsp. (approx. 1.39 oz.)

Soy Sauce, light

¾ C (approx. 0.87 oz.)

**DIRECTIONS:**

1. Mix the vegetable oil, sesame oil, honey, rice vinegar, sriracha, and soy sauce until smooth.
2. Toss the vegetables in the sauce and bake at 350 degrees, mixing often until cooked (approx. 8 minutes).

Sku Number: 20876-928

CN Portion	2.56 oz. ckn & .9 oz. sauce
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	160
Total Fat (g)	7.00
Saturated Fat (g)	2.00
Sodium (mg)	300
Carbs (g)	12
Protein (g)	14

