



## **tHAI 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>
Stir Fry Vegetables	15 oz.
Carrot Rice	50 oz.
Cilantro, minced	As Garnish
Red Bell Pepper, micro diced	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.

## **TYSON<sup>®</sup> PRODUCTS USED:**

#20876-928, Tyson Wei Café<sup>®</sup> Thai Lemongrass Chicken

## **carrot rice**

Sub-Recipe

*SERVINGS: 50 oz. (one full hotel pan)*

<b>Ingredients</b>	<b>Amount</b>
Uncle Ben's Whole Grain Instant Brown Rice, Fast & Natural	3 C.

Water	5 C
Carrot, micro diced	6 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

**SERVINGS: 24 oz.**

<b>Ingredients</b>	<b>Amount</b>
Simplot Classic Vegetables, stir fry supreme 12/2 lb.	½ lb.
Vegetable Oil	1 ½ Tbsp.
Sesame Oil	1 ½ Tsp.
Honey	1 ½ Tbsp.
Rice Vinegar	1 ½ Tbsp.
Sriracha Sauce	3 Tsp.
Soy Sauce, light	3 Tbsp.

**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).

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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

