



## GENERAL TSO'S CHICKEN LO MEIN SALAD

Whole grain battered chicken bites tossed in a sweet 'n spicy Asian sauce and served warm over a cold chopped greens & noodle salad with mixed greens including kale, cabbage & spinach, cooked lo mein noodles, edamame succotash, carrot matchsticks and an Asian citrus ginger dressing.

**SERVINGS: 10 each (1 chicken salad per serving)**

Ingredients	Amount	Amount
	<u>(1 serving)</u>	<u>(10 servings)</u>
Asian Citrus Ginger Dressing (see sub-recipe)	3 Tbsp. (approx. 1.43 oz.)	1 1/2 C. (approx. 14.30 oz.)
Chopped Greens & Noodle Salad (see sub-recipe)	1 1/4 C. (approx. 6.30 oz.)	3 1/8 qts. (approx. 65.50 oz.)
Tyson® Breaded Dark Meat Chunks #26074-928	3/4 C (approx. 4 oz.)	30 oz. (approx. 7 1/2 C.)
Tyson® General Tso's Sauce, thawed	2 Tbsp. (approx. 1 oz.)	10 oz. (approx. 1 C.)

### DIRECTIONS:

1. Prepare Asian Citrus Ginger Dressing and Chopped Greens & Noodle Salad by following the provided sub-recipe.
2. Arrange the breaded dark meat chunks in a single, even layer on a parchment lined sheet pan that's been coated in non-stick spray. Heat the pan of chicken uncovered in a preheated 425°F convection oven for 10-12 minutes or until the minimum internal temperature reaches 165°F and the breading is crispy. Hold the heated chicken chunks uncovered in a hot box at 145°F until ready to use.
3. Combine the heated chicken chunks in a mixing bowl with the room temperature General Tso's sauce and gently toss together until the chicken is evenly coated in sauce.
4. When ready to build the chicken salads, arrange the following components into individual serving bowls, going from bottom to top: - Prepared Chopped Greens & Noodle Salad: 1 1/4-cups (6.30-ounces) - General Tso's Sauced Chicken Chunks: 4-ounces (3/4-cup)

### **TYSON® PRODUCTS USED:**

#26074-928 Tyson® Wei Café™ Breaded Dark Meat Chunks with General Tso's Sauce

## ASIAN CITRUS GINGER DRESSING

Sub-Recipe

*Yield: 1 1/2-cups (approximately 14.30 oz.)*

<b>Ingredients</b>	<b>Amount</b> <b><u>(10 servings)</u></b>
Asian Sesame Ginger Dressing, Low-Fat, Commercially Prepared	1 1/3 C. (approx. 13 oz.)
Orange Juice concentrate, thawed if necessary	1 3/4 Tbsp. (approx. 1.15 oz.)
Lime Juice, fresh-squeezed	1 tsp. (approx. 0.15 oz.)
Lemon Juice, fresh-squeezed	3/4 tsp. (approx. 0.12 oz.)
Lime Zest, freshly grated	1/2 tsp.
Lemon Zest, freshly grated	1/4 tsp.
Dried Ground Ginger	1/8 tsp.

**DIRECTIONS:**

1. Combine all the ingredients in a mixing bowl and whisk together until thoroughly combined. Hold the prepared Asian Citrus Ginger Dressing covered under refrigeration at 38°F until ready to use.

## **CHOPPED GREENS & NOODLE SALAD**

Sub-Recipe

*Yield: 3 1/8 - quarts (approximately 65.50 oz.)*

<b>Ingredients</b>	<b>Amount</b> <b><u>(10 servings)</u></b>
Lo Mein Noodles, cooked al dente	7 C. (approx. 30.50 oz.)
Napa Cabbage, finely shredded	2 C. (approx. 4 oz.)
Green Cabbage, finely shredded	2 C. (approx. 4 oz.)
Green Kale Leaves, destemmed, finely shredded	2 C. (approx. 2 oz.)
Baby Spinach Leaves, shredded	2 C. (approx. 2.80 oz.)
Prepared Asian Citrus Ginger Dressing (see sub-recipe)	1 1/2 C. (approx. 13.35 oz.)
Edamame Succotash, Commercially Prepared, thawed	1 C. (approx. 5.60 oz.)
Carrot Matchsticks	1 C. (approx. 3.25 oz.)

**DIRECTIONS:**

- Combine all of the ingredients in a mixing bowl and gently toss together until thoroughly combined. Hold the prepared Chopped Greens & Noodle Salad covered under refrigeration at 38°F.

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CN Portion	3 oz. ckn & 1 oz. sauce
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	230
Total Fat (g)	12.00
Saturated Fat (g)	2.50
Sodium (mg)	290
Carbs (g)	11
Protein (g)	19

