



GENERAL TSO'S CRISPY CHICKEN & WAFFLES

Crispy whole grain battered chicken bites tossed in a sweet 'n spicy Asian sauce and served over a toasted whole grain waffle alongside a chopped sesame-scallion cole slaw.

SERVINGS: 10 each (1 chicken & waffle plate per serving)

Ingredients	Amount	Amount
	<u>(1 serving)</u>	<u>(10 servings)</u>
Sesame-Scallion Cole Slaw (see sub-recipe)	½ C. (approx. 4.80 oz.)	5 C. (approx. 48.30 oz.)
Whole Grain Waffles, 4" Square, 1.39-oz.	1 ea.	10 ea.
Tyson® Breaded Dark Meat Chunks #26074-928	¾ C. (approx. 4 oz.)	7 ½ C. (approx. 30 oz.)
Tyson® General Tso's Sauce, thawed	1 Tbsp. (approx. 1 oz.)	10 oz. (approx. 1 C.)
Scallions, Fresh, thinly sliced	¾ tsp.	2 1/2 Tbsp. (approx. 0.15 oz.)

DIRECTIONS:

1. Prepare the Sesame-Scallion Cole Slaw the day of service by following the provided sub-recipe.
2. Arrange the breaded dark meat chunks 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.
3. Heat the whole grain waffles according to the manufacturer's instructions.
4. Mix 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.
5. When ready to build the chicken & waffle plates, arrange the following components into individual paper boats, going from bottom to top: - Heated Whole Grain Waffle: 1-each - General Tso's Sauced Chicken Chunks: 4-ounces (¾-cup), arranged atop the middle of the waffle - Prepared Sesame-Scallion Cole Slaw: 1/2-cup (4.80-ounces), arranged into 4-oz portion cups and served aside the chicken & waffles.
6. Garnish the chicken with ¾-teaspoon of sliced scallions and serve immediately.

TYSON® PRODUCTS USED:

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

SESAME-SCALLION COLE SLAW

Sub-Recipe

Yield: 5-cups (approximately 48.30 oz.)

Ingredients	Amount <u>(10 servings)</u>
Tri-Colored Cole Slaw Vegetable Blend, Chopped	10 C. (approx. 26.65 oz.)
Mayonnaise, Light	1 C. (approx. 8.20 oz.)
Mayonnaise, Fat Free	2/3 C. (approx. 5.45 oz.)
Cider Vinegar	3/8 C. (approx. 3.35 oz.)
Scallions, Fresh, sliced	3/8 C. (approx. 1.65 oz.)
Soy Sauce, Light	2 Tbsp. (approx. 1.10 oz.)
Lime Juice, Bottled	1 Tbsp. (approx. 0.85 oz.)
Toasted Sesame Oil	1 Tbsp. (approx. 0.50 oz.)
Granulated Sugar	3 1/2 tsp. (approx. 0.50 oz.)
Toasted Sesame Seeds	3 1/2 tsp.
Ground Black Pepper	3/4 tsp.
Granulated Garlic	1/2 tsp.
Ground Dried Ginger	1/2 tsp.

DIRECTIONS:

1. Combine all the ingredients EXCEPT the cole slaw vegetable blend and whisk together until combined well. Next, gently mix in the chopped cole slaw vegetable blend until thoroughly combined.

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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

