



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
Asian Citrus Ginger Dressing (see sub-recipe)	1 1/2 C. (approx. 14.30 oz.)
Chopped Greens & Noodle Salad (see sub-recipe)	3 1/8 qts. (approx. 65.50 oz.)
Tyson® Breaded Dark Meat Chunks #26074-928	30 oz. (approx. 7 1/2 C.)
Tyson® General Tso's Sauce, thawed	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. Just before service, 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. Briefly hold the sauced chicken chunks uncovered in a hot box at 145°F until ready to serve.
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-ounces)

Ingredients	Amount
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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-ounces)

Ingredients	Amount
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 for a minimum of 8-hours to allow the flavors to fully develop and blossom, and a maximum of 24-hours in order to ensure the noodles & vegetables look and taste fresh. Continue to hold covered under refrigeration until ready to serve.

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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

