



## **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)*

| <b>Ingredients</b>                         | <b>Amount</b>                  |
|--|--------------------------------|
| Sesame-Scallion Cole Slaw (see sub-recipe) | 5 C. (approx. 48.30 oz.)       |
| Whole Grain Waffles, 4" Square, 1.39-oz.   | 10 ea.                         |
| 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.)          |
| Scallions, Fresh, thinly sliced            | 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 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. Heat the whole grain waffles according to the manufacturer's instructions. Hold them appropriately in a hot box at 145°F until ready to serve.
4. 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.
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 (3/4-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 3/4-teaspoon of sliced scallions and serve immediately.

### **TYSON® PRODUCTS USED:**

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

### **sesame-scallion cole slaw**

Sub-Recipe

*Yield: 5-cups (approximately 48.30-ounces)*

| <b>Ingredients</b>                             | <b>Amount</b>                 |
|--|-------------------------------|
| 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. Hold the prepared Sesame-Scallion Cole Slaw covered under refrigeration at 38°F for a minimum of 1-hour to allow the flavors to fully develop & blossom. Continue to hold the prepared slaw 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                      |

