



## Asian Style sweet and sour chicken chunk

Sweet and Sour glazed chicken chunk served over Brown Rice with a steamed broccoli, slivered pickled carrot and topped with a lite teriyaki glaze

Servings: 10

Ingredients	Amount	Amount
Tyson®#28759-928 Sweet and Sour Chicken Chunk	1.4lb	2/3 c
Brown Rice	1.4lb	3/4 c
Broccoli	10oz	½ c
Pickled Carrot	6oz	1/8 c
Teriyaki Glaze	2 tbsp.	1/8 c

### DIRECTIONS:

1. Heat Chicken Chunks in oven for 7 minutes.
2. Steam or boil broccoli for 2 minutes so it still has a snap to it
3. Toss Chicken Chunks in heated sweet and sour sauce.
4. Place brown rice in the bowl and top with chicken, broccoli and pickled slivered carrots
5. Finish with a drizzle of teriyaki glaze.

### **TYSON® PRODUCTS USED:**

#28759-928: Tyson® Sweet and Sour Chicken Chunk

## Pickled carrot SUB RECIPE

Servings: 10  
(1 per serving)

Ingredients	Amount	Amount
Carrots	2lb	32oz

Vinegar	4c	36oz
sugar	3/4c	6oz
Water	4c	32oz
salt	4tbsp	2oz

**DIRECTIONS:**

1. Add Slivered carrots to brine
2. Let sit for a minimum of 6 hours (preferred method overnight)
3. Strain and 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	240
Total Fat (g)	12.00
Saturated Fat (g)	2.50
Sodium (mg)	220
Carbs (g)	16
Protein (g)	18

