



## **Black Pepper-Garlic Chicken Bowl**

Grilled chicken strips tossed in an Asian-style black pepper-garlic sauce and served atop a bowl of steamed brown rice with roasted celery, onions and poblano peppers.

*Servings: 10 chicken bowls (1 per serving)*

<b>Ingredients</b>	<b>Amount</b>	<b>Amount</b>
Tyson Red Label® NAE FC Grilled Breast Filets, 3 oz.#38350-928	28.50 oz.	8 C.
Black Pepper-Garlic Sauce (see sub-recipe)	12 oz.	1¼ C
Parboiled Brown Rice, cooked, without salt	52.65 oz.	10 C
Roasted Vegetables (see sub-recipe)	12 oz.	3¾ C

### **DIRECTIONS:**

1. Arrange the frozen chicken filets in a single layer on a sheet pan lined with parchment paper that has been coated in non-stick cooking spray. Heat the chicken filets uncovered in a preheated 350°F convection oven for 12-16 minutes, or until the minimum internal temperature reaches 165°F.
2. Cut the fillets into strips and combine with prepared black pepper-garlic sauce in a mixing bowl and toss together. Hold the sauced chicken strips covered in a hot box at 145°F until ready to serve.
3. To build the chicken bowls portion 1-cup of cooked brown rice into individual serving bowls. Top the rice with ¾-cup each of the roasted vegetables, and then top the vegetables with ½-cup each of the heated sauced chicken strips. Serve immediately, or hold the built bowls covered in a hot box at 145°F until ready to serve. One Black Pepper-Garlic Chicken Bowl per serving.

### **TYSON® PRODUCTS USED:**

#38350-928, Tyson Red Label® NAE FC Grilled Breast Filets with Grill Marks, 3 oz.

## **Roasted Vegetables**

Black Pepper-Garlic Chicken Bowl

Yield

:

2½-cups (approximately 21 ounces)

Ingredients	Amount	Amount
Celery, cut on bias into ¾" wide pieces	6.50 oz.	1? C
Yellow Onions, fresh, cut into 1" dice	14.00 oz.	3? C
Poblano Peppers, fresh, cut into 1" dice	6.83 oz.	1? C
Vegetable Oil	0.20 oz.	2 tsp
Garlic Powder		1 tsp
Ground Ginger		1 tsp

**DIRECTIONS:**

1. Combine all the ingredients in a mixing bowl and toss to evenly coat in oil and seasoning. Transfer the seasoned vegetables to a sheet pan lined with parchment paper and roast uncovered in a preheated 350°F convection oven for 14-18 minutes, or until the vegetables are softened and just beginning to brown. Hold the roasted vegetables covered in a hot box at 145°F until ready to serve.

## **Black Pepper-Garlic Sauce**

Black Pepper-Garlic Chicken Bowl

Yield

:

1¼-cups (approx. 12 ounces)

Ingredients	Amount	Amount
Teriyaki Sauce	9.40 oz.	1 C
Steak Sauce	2.40 oz.	¼ C
Soy Sauce, low-sodium	0.60 oz.	4 tsp
Cracked Black Pepper		2 tsp
Garlic, fresh, finely minced		1 tsp

**DIRECTIONS:**

1. Combine all the ingredients in a mixing bowl and whisk together until combined well. Transfer the prepared sauce to a small sauce-pan and heat over medium-low heat, stirring occasionally, until the sauce comes to a simmer. Remove from the heat and hold the heated black pepper-garlic sauce covered in a hot box at 145°F until ready to use.

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CN Portion	1 piece
M/MA (oz)	2.50

Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	120
Total Fat (g)	2.50
Saturated Fat (g)	0.50
Sodium (mg)	320
Carbs (g)	1
Protein (g)	22

