



Caribbean Island Chicken

Grilled chicken breast strips tossed in a zesty Caribbean-style glaze and served atop a citrus island rice that includes whole grain brown rice, tender black beans, bell pepper confetti, pineapple tidbits and fresh sliced green onions.

Servings: 10 Chicken & Waffle boats (1 per serving)

Ingredients	Amount	Amount
Tyson Red Label® NAE FC Grilled Breast Filets, 3 oz.#38350-928	28.50 oz.	8 C
Caribbean Style Sauce, commercially prepared	9.40 oz.	1 C
Island Rice Pilaf (see sub-recipe)	99 oz.	12½ C

DIRECTIONS:

1. Combine the frozen chicken strips and the Caribbean style sauce in a large mixing bowl and toss together until the chicken is evenly coated in sauce. Transfer the glazed chicken strips to a sheet pan lined with parchment paper that has been generously coated in non-stick cooking spray.
2. Heat the glazed chicken strips uncovered in a preheated 350°F convection oven for 14-18 minutes, or until the minimum internal temperature reaches 165°F. Transfer the heated glazed chicken strips into a hotel pan and hold covered in a hot box at 145°F until ready to serve.
3. To serve the chicken bowls portion 1¼-cups each of the prepared island rice pilaf into individual serving bowls. Top each bowl of rice with ½-cup of the glazed chicken strips. Hold the built chicken bowls covered in a hot box at 145°F until ready to serve. One Caribbean Island Chicken bowl per serving.

TYSON® PRODUCTS USED:

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

Island Rice Pilaf

Caribbean Island Chicken

Yield: 12½-cups (approximately 99 ounces)

Ingredients	Amount	Amount
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Black Beans & Rice Mix, commercially prepared, fully prepared	78.90 oz.	12 C
Tap Water (for rice preparation)		as needed
Orange Juice (for rice preparation)		as needed
Green Bell Peppers, fresh, minced	4 oz.	¾ C
Red Bell Peppers, fresh, minced	3.45 oz.	? C
Yellow Bell Peppers, fresh, minced	3.45 oz.	? C
Pineapple Tidbits, drained thoroughly, chopped	8 oz.	1 C
Green Onions, fresh, cut into ½” long pieces	1 oz.	? C

DIRECTIONS:

1. Prepare the black beans and rice mix by following the manufacturer’s instructions on the case. For optimum flavor use 50% water and 50% orange juice when preparing the rice.
2. While the rice is cooking arrange the minced bell peppers in a small pan lined with parchment paper. Roast the minced peppers uncovered in a preheated 350°F for 3-5 minutes, or until the peppers are beginning to soften.
3. Once the rice is cooked fluff with a fork and transfer it to a mixing bowl. Add the roasted bell peppers, pineapple tidbits and sliced green onions to the bowl of fluffed rice and gently mix together until well combined. Hold the prepared island rice pilaf 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

