



Peruvian Glazed Chicken Bowl

Peruvian-style glazed chicken breast chunks served atop an “arroz con pollo”-style seasoned rice with garlic, fresh cilantro and roasted onions ‘n bell peppers.

Servings: 10 Chicken Bowls (1 per serving)

| Ingredients | Amount | Amount |
|--|-----------|----------|
| Tyson® Chicken Chunks #70387-928 | 60 ea. | |
| Tap Water | 40 oz. | 5 C |
| Parboiled Brown Rice | 23.35 oz. | 3? C |
| Vegetable Base, low-sodium | 1.10 oz. | 1? Tbsp. |
| Granulated Garlic | | 1? Tbsp. |
| Ground Turmeric | | 1? tsp |
| Poultry Seasoning | | 1¼ tsp |
| IQF Fajita Onion ‘n Pepper Strips Blend, commercially prepared | 9.75 oz. | 2 ½ C |
| Cilantro Leaves, fresh, roughly chopped | 0.50 oz. | ½ C |

DIRECTIONS:

1. Combine the tap water, brown rice, vegetable base, granulated garlic, turmeric and poultry seasoning in a 4” deep half hotel pan and whisk together. Cover the hotel pan tightly with plastic wrap and then aluminum foil. Cook the covered pan of rice in a preheated 350°F convection oven for 45-55 minutes or until all of the water is absorbed and the rice is cooked through. Allow the rice to sit covered in a hot box at 145°F for 10 minutes before proceeding.
2. While the rice is cooking arrange the frozen chicken chunks in a single layer on a sheet pan lined with parchment paper and cover tightly with aluminum foil. Heat the covered pan of chicken in a preheated 350°F convection oven for 26-30 minutes or until they reach a minimum internal temperature of 145°F. Hold the heated chicken covered in a hot box at 145°F until ready to serve.
3. Likewise, while the rice is still cooking arrange the IQF onions and peppers on a sheet pan lined with parchment paper and heat uncovered in a preheated 350°F convection oven for 12-14 minutes or until the vegetables are softened and just beginning to brown.
4. Once the cooked rice has sat for 10 minutes remove the cover from the pan of rice and gently fluff with a fork. Next gently mix in the roasted onions and peppers and chopped cilantro. Hold the prepared rice tightly covered in a hot box at 145°F until ready to serve.

5. To serve the chicken bowls portion 1-cup, slightly mounded, of the prepared seasoned rice into bowls. Top each bowl of rice with 6-pieces of the heated chicken chunks and serve. One Peruvian Glazed Chicken Bowl per serving.

TYSON® PRODUCTS USED:

#70387-928, Coated Made With Whole Muscle Chunks, 0.55 oz.

SKU Number: 70387-928

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|-------------------|----------|
| CN Portion | 5 pieces |
| M/MA (oz) | 2.00 |
| Grain (oz) | 0.00 |
| Vegetable (oz) | 0.00 |
| Calories | 140 |
| Total Fat (g) | 6.00 |
| Saturated Fat (g) | 1.50 |
| Sodium (mg) | 250 |
| Carbs (g) | 3 |
| Protein (g) | 19 |

