

Cookbook for Calhoun County Youth Center

Created by HPS Menu Planner

Table of Contents

DRAGON CHICKEN AND RICE

DRAGON CHICKEN AND RICE

Servings:	40.000	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57313
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tyson Fully Cooked Whole Grain Breaded Golden Crispy Popcorn Chicken Bites Chicken Chunks CN, 0.28 oz.	120 Ounce		125796
broccoli	10 Cup	steamed and cut into florets	
OIL SALAD VEG SOY CLR NT	20 Tablespoon		292702
GARLIC CHPD IN WTR	10 Tablespoon		321565
ONION VIDALIA SWT	10 Cup	sliced	558133
PEPPERS COLORED MIXED ASST	10 Cup	diced	491012
KETCHUP BOTTLE SQZ	20 Tablespoon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	142940
SAUCE SOY	20 Tablespoon		667840
Huy Fong Hot Chili Sauce Sriracha Packets, 7 gram Packets - CS of 500	20 Tablespoon		124743
VINEGAR RICE WIN UNSEAS	10 Tablespoon	READY_TO_EAT Use directly from the bottle.	868830

Preparation Instructions

1. Cook the chicken according to package directions.
2. Steam broccoli until tender and cut into florets.

3. Heat a large saucepan over medium heat and add the oil to the pan. Add the garlic, bell pepper, and broccoli and cook for 2 to 3 minutes, stirring constantly, until the garlic smells fragrant and the peppers soften slightly but still have bite.
4. Add the ketchup, soy sauce, chili garlic sauce, and vinegar to the pan. Stir well, scraping up any browned bits, and let the sauce simmer for 1 to 2 minutes until thick and glossy.
5. Return the chicken to the pan and toss until fully coated in sauce. Cook for about 1 minute, just until everything is heated through. Remove from the heat and serve immediately over rice.