

Sweet Thai Chicken Chili Ramen Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	2 Ounce	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1/4 Cup	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLLED	1 Ounce		312928
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
Carrot Matchstick 5#	1 Ounce		
PEPPERS RED	1 Ounce		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Ounce		966401

Preparation Instructions

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, edamame, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss chicken pieces in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 13 minutes or chicken reaches a temperature of at least 165 F. The sauce on the chicken should be lightly caramelized.

Mix chicken and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 1.5 cups per serving.

SERVING SUGGESTION:

Two- leveled 6oz Spoodles per serving.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.50 Cup

Amount Per Serving			
Calories	524.76		
Fat	15.87g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1096.05mg		
Carbohydrates	55.73g		
Fiber	5.60g		
Sugar	27.01g		
Protein	26.88g		
Vitamin A	120.38IU	Vitamin C	0.83mg
Calcium	27.82mg	Iron	3.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
