

Korean Noodle Bowl



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|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 80.00 | Category: | Entree |
| Serving Size: | 8.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45217 |
| School: | Walton-Verona High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|---|------------|
| PASTA SPAGHETTI 10" | 10 Pound | | 413370 |
| MEATBALL CKD .65Z | 13 Pound | BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F. | 785860 |
| ONION WHITE JUMBO | 1 Pound | | 299235 |
| PEPPERS RED | 2 Pound | | 321141 |
| BROCCOLI FLORETS | 3 Pound | | 610902 |
| SAUCE ORNG GINGR | 1 Gallon | | 802860 |
| Water | 2 Cup | READY_TO_DRINK | Water |
| OIL SALAD VEG SOY CLR NT | 3 Ounce | | 292702 |
| SPICE PEPR WHITE GRND | 2 Teaspoon | | 513776 |

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|---|------------|
| SAUCE SOY | 1/4 Cup | READY_TO_EAT Versatile and ready-to-use sauce great for preparing Asian-inspired, on-trend dishes. | 124524 |

Preparation Instructions

PREPARATION

Prep Time: 50 minutes

PREPARATION

1. Preheat oven to 350°F.
2. J.T.M. Korean BBQ Sauce: Place unopened bag in perforated, full-sized pan. Heat in steamer for approximately 30-35 minutes or until an internal temperature of 135°F is reached (HACCP). Cook time may vary according to quantity of product being heated.
3. J.T.M. Meatballs: Preheat convection oven to 350°F. Place meatballs in a full-sized pan. Add 1/2 cup of water to the pan and cover with lid or foil. Place into preheated convection oven for approximately 30-40 minutes or until product reaches serving temp of 135°F. Remove from oven and check for an internal temperature of 135°F (ServSafe Standard 135°F for 15 seconds).
4. Roast onion, bell pepper and broccoli in oil, garlic, salt and pepper for 8-12 minutes or until done.
5. Lightly toss the Spaghetti noodles in oil, ginger and soy sauce. .
6. Combine orange ginger sauce and Meatballs, mix well and place in hot holding cabinet until ready to assemble.

ASSEMBLY

1. Layer noodles into serving boat, top with the roasted veggies and then four meatballs in Korean BBQ sauce.

Note: meatballs should hold enough sauce so no additional sauce is needed

Meal Components

Amount Per Serving

| | |
|--------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.131 |
| Red/Orange | 0.025 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 8.00 Ounce

| Amount Per Serving | | | |
|--------------------|---------------|-----------|--------|
| Calories | 465.09 | | |
| Fat | 10.53g | | |
| Saturated Fat | 3.58g | | |
| Trans Fat | 0.60g | | |
| Cholesterol | 36.00mg | | |
| Sodium | 476.89mg | | |
| Carbohydrates | 75.79g | | |
| Fiber | 3.93g | | |
| Total Sugar | 26.99g | | |
| Added Sugar | 23.38g | | |
| Protein | 19.88g | | |
| Vitamin A | 100.11mcg RAE | Vitamin C | 6.23mg |
| Calcium | 66.74mg | Iron | 3.09mg |

Nutrition - Per 100g

| | |
|-------------------------------|-------------------------|
| Calories | 281.04 |
| Fat | 6.36g |
| Saturated Fat | 2.16g |
| Trans Fat | 0.36g |
| Cholesterol | 21.76mg |
| Sodium | 288.17mg |
| Carbohydrates | 45.80g |
| Fiber | 2.37g |
| Total Sugar | 16.31g |
| Added Sugar | 14.13g |
| Protein | 12.01g |
| Vitamin A 60.49mcg RAE | Vitamin C 3.77mg |
| Calcium 40.33mg | Iron 1.87mg |