



THAI SUNFLOWER SEED BUTTER CHICKEN NOODLE BOWL

PORTION SIZE:
1 NOODLE BOWL

Ingredients (yields 50 servings)	Quantity
HORMEL® FIRE BRAISED™ All Natural** Pulled Chicken Thigh 73004, 2/5#	9 lbs. 6 1/8 oz.
Whole grain ramen noodles	34 noodle cakes
Extra virgin olive oil	1/2 c.
Red cabbage, shredded	1 qt. 1 pt. 1/4 c.
Carrots, shredded	1 qt. 1 pt. 1/4 c.
Cilantro, fresh	3 oz.
Green onion, chopped	1 qt. 1 pt. 1/4 c.
Sunflower seed kernels	1 c. 2 tsp.
Creamy sunflower seed butter spread	1 qt.
Low sodium soy sauce	1 qt.
Garlic, minced	1/4 c.
Raw ginger root, fresh	1/4 c. slices
Honey	1/2 c.
Red wine vinegar	2 tbsp.
Sriracha	1 c. 2 tsp.

Directions
<ol style="list-style-type: none"> 1. Remove pulled chicken from freezer and allow to thaw under refrigeration for 24-72 hours. 2. Trim green onions, ginger and garlic. Thinly slice the onions. Mince garlic and ginger. Place in bowls and set aside. 3. Bring a pot of water to a boil. Add noodles and stir vigorously for 15 seconds. Cook according to recommended cook time, drain, rinse with cold water and shake dry. 4. In a bowl, whisk together sunflower seed butter, soy sauce, minced garlic, honey, vinegar and optional Sriracha. Set aside. 5. Add oil and chicken to a tilt skillet or stove top pan set over medium heat. 6. Add cabbage, carrots and green onion and stir to combine, heating for about 2 minutes. 7. Add sauce, stirring to combine. <p>Assemble bowl:</p> <ol style="list-style-type: none"> 1. Add one (1) cup of cooked whole grain noodles. 2. Measure 6 ounces of chicken, vegetable and sauce mixture (approximately a 3/4 cup portion) and add directly on top of noodles. Stir to combine. 3. Garnish with one (1) teaspoon of sunflower seed kernels. <p>Offer each student one (1) assembled noodle bowl to provide 2.0 oz. meat/meat alternate, 2.0 oz. eq. whole grain and 1/4 cup Other Vegetable.</p>

Fire Braised Chicken (3 oz.): 2.0 oz. Meat/Meat Alternate Whole Grain Noodles (1c. cooked/2 oz. Dry): 2.0 oz. eq. Whole Grain Rich (Exhibit A: Grain Requirements For Child Nutrition Programs, Group B: 28g/1.0 oz. = 1 oz. eq.) Vegetables (1/4 cup): 1/4 cup Other Vegetable (per FBG)

For preparation by a food preparation establishment only, according to the food code or equivalent.

*Indicates missing Nutrient Information.

**Minimally Processed. No Artificial Ingredients.

Nutrients Per Serving			
Calories	611 cal	Potassium	610 mg*
Fat	33 g	Calcium	53 mg
Saturated Fat	4 g	Vitamin A	3073 iu*
Trans Fat	0 g*	Vitamin C	10 mg*
Cholesterol	84 mg	Vitamin D	0 mcg*
Sodium	1464 mg		

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