

CHICKEN FRIED RICE

A tasty mix of carrots, broccoli, peas, onions, rice, egg and Gold Kist Farms® Natural Proportion ½" Diced Chicken, stir-fried with soy sauce, garlic and ginger.

70%

of chefs say that Authentic Ethnic Cuisine is a Hot Trend.

Source: National Restaurant Association, What's Hot 2016 Culinary Forecast, 2015.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 100 servings

Serving Size: 8oz (227g)

Amount Per Serving	% Daily Value*	
Calories:	290	
Total Fat:	11g	17%
Cholesterol:	105mg	35%
Sodium:	450mg	19%
Total Carbohydrate:	28g	9%
Dietary Fiber:	4g	16%
Sugars:	3g	
Protein:	19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

Gold Kist Farms® Natural Proportion ½" Diced Chicken (Code #1230)	6¼ pounds
Dark sesame oil	¾ cups
Canola oil	1½ cups
Carrot, chopped	7 pounds
Broccoli florets, coarsely chopped	9½ pounds
Petite green peas, frozen	8¼ pounds
Green onions, sliced, divided	1 pound
Garlic cloves, minced	½ pound
Fresh ginger, peeled, grated	1½ cups
Long-grain brown rice, cooked, chilled	18 quarts plus 3 cups (25 pounds)
Eggs, lightly beaten	50 each
Soy sauce, low-sodium	¾ cups
Kosher salt	4 tablespoons
Freshly black pepper, ground	2 tablespoons

METHOD

1. Heat a large rondeau over medium-high heat. Add oils; swirl to coat. Add carrot and broccoli; stir-fry 3 minutes or until crisp-tender.
2. Add chicken, peas, onions, garlic, and ginger. Stir-fry 2 minutes or until onions are tender.
3. Add rice; cook 3 minutes or until thoroughly heated, stirring occasionally. Reduce heat to medium.
4. Push rice mixture to 1 side of pan; add eggs to opposite side of pan. Cook, without stirring, for 10 seconds. Cook, stirring frequently, 2 additional minutes or until eggs are scrambled.
5. Stir in soy sauce, salt, and pepper. Sprinkle with remaining onions. Serve immediately.

Note: Chicken should be heated to an internal temperature of 165° F.



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