

SPICY TERIYAKI RICE BOWL

Sautéed mixed veggies and Gold Kist Farms® Whole Grain Breaded Chicken Smackers® in a spicy teriyaki glaze, served over brown rice.

In 2016 we will see “**bowl foods**” appearing on more menus. Specifically, savory bowls are growing in popularity.

Source: 7 Restaurant Trends for 2016, Restaurant-Hospitality.com, 2015.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 100 servings

Serving Size: 20oz (387g)

Amount Per Serving % Daily Value*

Calories: 490

Total Fat: 17g 26%

Cholesterol: 55mg 18%

Sodium: 1150mg 48%

Total Carbohydrate: 58g 19%

Dietary Fiber: 6g 24%

Sugars: 8g

Protein: 25g 50%

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

INGREDIENTS

Gold Kist Farms® Whole Grain Breaded Chicken Smackers® (Code #110452)	28 pounds
Soy sauce	3 quarts
Mirin (sweet sake)	3 gallons
Garlic, ground	1 cup
Ginger, ground	1 cup
Cornstarch	1 cup
Water	3 quarts
Sriracha sauce (optional)	2 cups
Vegetable oil	1 cup
Mixed vegetables, frozen (preferably green beans, mushroom, onion and carrot)	13½ pounds
Brown rice, cooked	33 pounds

METHOD

1. Preheat convection oven to 350° F. Place Chicken Smackers® on a sheet tray and cook for 14 minutes or until internal temperature reaches 165° F.
2. In a large pot, bring the soy sauce, mirin, ginger and garlic to a boil, stirring regularly to prevent burning.
3. Lower pot temperature to medium. Dissolve cornstarch in water and add to the boiling mixture, stirring constantly until thickened. (Increase the amount of cornstarch to make the sauce thicker, add water to thin the sauce.) Add Sriracha sauce to taste.
4. In a tilt skillet, heat up vegetable oil over medium-high heat. Add vegetable mixture and saute until cooked through.
5. Toss Smackers® with spicy teriyaki sauce and sautéed veggies. Served over brown rice.



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