

Asian Fried Chicken Bowl

Gold Kist Farms® Breaded Chicken Breast Fillet (7522) tossed with an Asian sauce and served with Asian-style vegetables and toppings is a fun way to mix up lunch.



<http://www.myweekendtable.com/2017/05/08/bee-stung-fried-chicken-sushi-bowl-wasabi-avocado-cream/>

YIELD

1 bowl (multiply as needed)

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA

1/8 cup orange vegetable

3/8 cup other vegetable

1/8 cup bean/legume

2 ounce grain

DIFFICULTY

Easier

ALLERGENS

n/a

INGREDIENTS AND PREPARATION

1 fillet Gold Kist Breaded Chicken Breast Fillet (7522)

1/4 cup cooked brown rice

1 ounce Asian or Teriyaki sauce

2 tablespoons grated carrot

2 tablespoons diced cucumber

2 tablespoons thinly sliced red cabbage

2 tablespoons steamed edamame

2 tablespoons diced avocado

To serve (optional): sesame seeds, Sriracha sauce, diced green onion

1. Preheat oven to 350°F. Place frozen chicken patties in a single layer on an ungreased baking pan. Bake for 30 minutes in a conventional oven or 20 minutes in a convection oven or until product reaches 165°F.
2. Prepare rice and vegetables.
3. Slice chicken fillets into strip. Toss with Asian sauce.
4. Prepare bowls by placing rice in a serving bowl or plate. Top with chicken and decoratively place prepared vegetables around chicken. Top with optional garnishes or have students pick their own toppings.
5. Hold for cold service at 41° if serving cold or serve immediately if serving warm.

Serving Suggestions: Serve with pineapple or mango and milk. If preparing bowls for later service, prepare avocado immediately before service to prevent excess browning.

Nutrition Facts

Serving Size (273g) (1 bowl)	
Amount Per Serving	
Calories 380	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 670mg	28%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 23g	
Vitamin A 50%	Vitamin C 20%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



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