

Asian Sunflower Chicken Grain Bowls

Pierce® Dark Meat Menu Strips (1260) with a savory sunflower seed sauce and colorful vegetables served in a trendy grain bowl.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 oz grain

7/8 cup vegetables (1/4 cup red orange + 1/2 cup other + 1/8 cup dark green)

DIFFICULTY

Easy

ALLERGENS

N/A

INGREDIENTS AND PREPARATION

100 servings (2.47oz each) Pierce Dark Meat Menu Strips (1260)

1 1/2 cup low-sodium soy sauce

1/2 cup Sriracha

25 cups each shredded carrots, purple cabbage, romaine lettuce, and sliced bell pepper

7 pounds dry brown rice

For sauce:

7 1/2 cups unsalted sunflower seed butter

1 1/2 cups low-sodium soy sauce

1 1/2 cups lime juice (fresh or canned)

1 1/2 cups honey

8 tablespoons dried ginger

6 1/4 cups water

Optional toppings: sunflower seeds, sesame seeds, sliced green onion, cilantro, Sriracha

1. Preheat oven to 350°F. Place chicken on an ungreased baking pan in a single layer. Bake uncovered in a conventional oven for 90 minutes or in a convection oven for 45 minutes or until a thermometer inserted into the thickest portion reaches at least 165 F.

2. Meanwhile, combine soy sauce and Sriracha. When chicken is finished cooking, toss with soy sauce and Sriracha mixture. Keep warm.

3. Prep vegetables and cook rice as directed.

4. To make sauce, whisk sunflower seed butter, soy sauce, lime juice and honey together. Whisk in water gradually until pourable.

5. To prep each bowl, layer 1/2 cup cooked brown rice, 1/4 cup each vegetable, 1 serving chicken (4 oz/#8 scoop) and 1 oz sunflower soy sauce.

6. Top with optional toppings.

Nutrition Facts	
Serving Size (208g)	
Amount Per Serving	
Calories 380	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 810mg	34%
Total Carbohydrate 42g	14%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 22g	
Vitamin A 120%	Vitamin C 50%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. 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

Serving Suggestions: Serve with diced mango and milk. Use quinoa, farro or another whole grain in place of brown rice.



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