

# ORANGE SRIRACHA PROTEIN BOWL



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**SERVING SIZE:** 1 bowl

**PREP TIME:** 1 hour

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INGREDIENTS	WEIGHT	MEASURE	METHOD
Orange juice, 100%		1 gal	1. Thaw chicken in the refrigerator the night before. 2. <b>Make sauce:</b> In a large pot, whisk together orange juice, soy sauce, ginger, granulated garlic, and Sriracha. Make a slurry by whisking together the vinegar and cornstarch in a small bowl. Bring orange mixture to a boil and slowly add cornstarch slurry, stirring constantly. Reduce heat to medium and simmer for about 8-10 minutes. Stir frequently until sauce becomes nectar thick.
Soy sauce, low sodium		1 ½ cup	
Ginger, ground, dry		3 Tbsp	
Garlic, granulated		¼ cup, 2 Tbsp	
Sriracha seasoning, dry		2 Tbsp	
Vinegar, distilled		1 ½ cup	
Cornstarch		¾ cup	
Split peas, yellow or green, dry	5 lb, 4 oz	2 qt, 1 cup	3. <b>Cook rice and split peas in batches:</b> Preheat oven to 400°F. In 4" steamtable pans, place 6 ¼ cup rice, 4 ½ cup of split peas, and 1 gal, 2 qt, 1 cup of hot water. Tightly cover with a lid or tinfoil. Bake in the oven for 45-50 minutes or until rice and split peas are tender.
Brown rice, long-grain	5 lb, 9 oz	12 ½ cup	
Water		3 gal, 2 cup	
Broccoli, no salt added, frozen	21 lb	8 gal, 1 qt, 3 ½ cup	4. <b>Steam broccoli:</b> Divide broccoli into 4" perforated steamtable pans lined with 6" regular steamtable pans. Steam for 6-10 minutes. For highest quality steamed broccoli, do not steam until 30 minutes before service. Steam to 145°F. Do not overcook. 5. Heat chicken according to package directions. Chop if pieces are too large.
Chicken, fajita strips	10 lb, 10 oz		
			6. <b>Build bowl:</b> In Asian food take out container or bowl, place ¾ cup (6 oz server) of split pea and rice mixture, ½ cup (4 oz server) broccoli, 1.7 oz (2 oz server) chicken, and ¼ cup (#16 scoop) of orange sauce.

## Meal Components per bowl:

1 oz eq Meat/Meat Alternate, 1 oz Grain, and ¾ cup Vegetables (¼ cup Legumes, Beans and Peas and ½ cup Dark Green vegetable subgroups) OR

2 oz eq Meat/Meat Alternate, 1 oz Grain and ½ cup Dark Green vegetable subgroup

## Approximate nutritional contribution per bowl:

309 Calories, 4 g Fat, 1 g Saturated Fat, 0 g Trans fat, 37 mg Cholesterol, 495 mg Sodium, 51 g Carbohydrate, 8 g Dietary Fiber, 10 g Sugars, 18 g Protein, 1211 IU Vitamin A, 51 mg Vitamin C, 45 mg Calcium, 2 mg Iron.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

\*Other pulses may be used in this recipe. For example, green or red lentils can be used in place of split peas.

