Rich Chicks
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Bibimbap Chicken Bowl

with Grilled Sensations WM Boneless Chicken Wing/Breast Chunk (4pc)

RC Product Code: 56405

Serving Size:	1 bowl
Yield:	100 servings
Contribution:	2 oz Meat/MA, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/4 cup other vegetable and 1 oz grain

Nutritional Information for 1Serving

Portion	1 bowl	**Cholesterol (mg)**	50
Calories	460	**Sodium (mg)**	710
Total Fat (g)	6.6	**Total Carbohydrates (g)**	50
Saturated Fat (g)	1	**Sugar (g)**	18.5
Trans Fat (g)	0	**Protein (g)**	20

Ingredients	Amount	Instructions
Rich Chicks Grilled Boneless Chicken Breast Chunks	20 lbs	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven – 100% Fan Speed:** Bake at 250°F for 11-13 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 250°F for 7-9 minutes **Conventional Oven:** Bake at 250°F for 9-11 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
Brown Rice	6.25 lbs	Spray 1 full-size pans with vegetable spray. Place 6 lbs, 4 oz. of rice in each pan and cover with 1 gal plus 1 quart boiling water. Stir. Cover pan tightly. Bake in convection oven at 325°F for 40 minutes. Remove cooked rice from oven and let stand covered for 5 minutes. Stir, recover and hold for service in warmer.
Carrots, Matchsticks	5 lbs	In tilt skillet saute carrots in oil for 5 minutes. Cool and hold for service.
Cucumbers, Sliced and Quartered	5 lbs	In tilt skillet saute cucumbers in oil for 3 minutes, cool and hold for service.
Spinach, Fresh Ready To Use	10 lbs	Coarse chop spinach leaves, saute in oil until leaves start to wilt. Cool and hold for service.
Gochujang Sauce	1 gallon	In bowl, place 1/2 cup cooked rice. Top with 4 boneless chicken wings, 1/4 cup each of the carrots, cucumbers and spinach. Drizzle 1/4 cup Gochujang sauce over entire bowl and serve.

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