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Miso Chicken Noodle Bowl

with Seasoned Dark Meat Chicken
Crumbles, Fully Cooked
RC Product Code: 37101

Serving Size: 1 bowl
Yield: 100
Contribution: 2 oz meat/ma, 2 oz grains, 1/2 cup vegetable

Nutritional Information for 1 Serving

Portion	1 bowl	Cholesterol (mg)	99
Calories	455	Sodium (mg)	651
Total Fat (g)	8.4	Total Carbohydrates (g)	42
Saturated Fat (g)	1.3	Sugar (g)	2.9
Trans Fat (g)	0	Protein (g)	30

Ingredients

Amount

Instructions

USDA Spaghetti,
Whole Grain Rich, #110506

11 lbs, 5 oz

Cook whole grain rich spaghetti according to package directions. Hold warm.

Rich Chicks Seasoned Dark
Chicken Crumbles 37101

1 case

Recommended Heating Instructions: (Heat After Thawed)
Convection Oven: Place thawed product evenly in stem table pan and cover. Bake at 350 F for 14-16 minutes.
Conventional Oven: Baked at 350 F for 18-20 minutes.
Combi oven 60% steam: Place thawed product in a parchment lined sheets pan. Bake at 350 F for 6-8 minutes.

Sesame Oil

1 cup

Ginger, Fresh, Minced Or Grated

1 cup

In a large pot or steam jacketed kettle, heat sesame oil at medium heat. Add garlic and ginger and saute for 1 minutes, do not brown. Add broth and miso and whisk until miso is dissolved.

Garlic, Fresh, Grated

1 cup

Miso

3 gal

Mix, carrots, pea pods and broccoli slaw and hold for service.

Chicken Stock, Unsalted

2 cups

Carrots, Matchsticks

5 lbs

To serve layer the following in a bowl.

Pea Pods

5 lbs

Spaghetti	1 cup
Chicken	2/3 cup
Mixed Vegetables	1/2 cup
Broth	1/2 cup

Broccoli Slaw

5 lbs



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It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.