



# Chicken Shawarma Bowl

with Grilled Sensations MWWM Grilled Chicken Breast Patty

RC Product Code: 56404

www.richchicks.com

**Serving Size:** 1 bowl  
**Yield:** 100 servings  
**Contribution:** 2 oz meat/ma, 2 grains, 3/4 cup vegetables

## Nutritional Information for 1 Salad and 1oz Dressing

<b>Portion</b>	1 cup	<b>Cholesterol (mg)</b>	58
<b>Calories</b>	671	<b>Sodium (mg)</b>	304
<b>Total Fat (g)</b>	19	<b>Total Carbohydrates (g)</b>	83
<b>Saturated Fat (g)</b>	2	<b>Sugar (g)</b>	7
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	34

Ingredients	Amount	Instructions
Rich Chicks Artisan Chicken Breast Patty 56404	20 lbs	<b>Recommended Heating Instructions:</b> (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. <b>For Best Results:</b> Do NOT use parchment paper. Appliances may vary. Targeted temperature is <b>165°F</b> <b>Convection Oven - 100% Fan Speed:</b> Bake at 250°F for 12-15 minutes <b>Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam:</b> Bake at 250°F for 10-12 minutes <b>Conventional Oven:</b> Bake at 250°F for 12-15 minutes <b>Suggested Holding Times:</b> Hold at 150°F for 1.5-2 hours
Lemon Juice	4.75 cups	Whisk lemon juice, olive oil, granulated garlic, cumin, paprika, oregano, tumeric and black pepper together until thoroughly mixed into marinade.
Olive Oil	3.25 cups	
Granulated garlic	1 cup	Pour marinade over chicken, stir, cover and hold under refrigeration for 2 hours. Spray 2 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 pans 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.
Cumin, ground	1/2 cup	
Paprika, ground	1/2 cup	
Oregano, dried	1/2 cup	
Tumeric, ground	2 Tbsp	
Black pepper, ground	1/2 cup	
Brown Rice, long-grain parboiled	12.5 lbs	
Water	2 gal + 2 qrts	Clean and dice cucumbers. Hold covered under refrigeration until ready to assemble.
Cherry Tomatoes	8.5 lbs	To make hummus, drain the garbanzo beans and place in food processor. Add lime juice, minced garlic, tahini, sumac and ground cumin. Puree into a paste. If too thick add small amounts of water until correct consistency is reached. Cover and refrigerate until ready to assemble.
Cucumbers, diced with skin	8.25 lbs	
Garbanzo beans, canned drained	3/#10	Place seasoned chicken in steamer. Cook for 15 minutes or until internal temperature reaches 165°F.
Lime Juice	2 cups	
Garlic, minced	3.5 Tbsp	To assemble. Place 1 cup of rice in bowl, top with #12 scoop of seasoned chicken, 1/4 cup cherry tomatoes, 1/4 cup diced cucumbers, 1/4 cup humus and 2 Tbsp (#30 scoop) tzatziki sauce.
Tahini	2 cups	
Sumac	3.5 Tbsp	
Cumin, ground	3.5 Tbsp	
Tzatziki sauce	1 gal	

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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.

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