



Thai Chili Meatball Bowl

with Kickin' Chicken Meatball with Real Mango and Real Jalapeno, Fully Cooked
RC Product Code: 91402

www.richchicks.com

Serving Size: 3 cups
Yield: 100 Servings
Contribution: 2 oz meat/meat alternate, 1 cup dark green vegetable, 2 oz grains



Nutritional Information for Thai Chili Bowl

Portion	3 cup	Cholesterol (mg)	56
Calories	399	Sodium (mg)	447
Total Fat (g)	7	Total Carbohydrates (g)	66
Saturated Fat (g)	1.8	Sugar (g)	5
Trans Fat (g)	0	Protein (g)	21

Ingredients

Rich Chicks Mango
 Jalapeno Meatballs 91402

Amount

20 lbs

Instructions

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 400°F for 7-10 minutes
Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 400°F for 7-10 minutes
Conventional Oven: Bake at 400°F for 10-13 minutes
Suggested Holding Times: Hold at 150°F for 1.5-2 hours.

Sweet Chili Thai Sauce
 (Recipe Below)

2.5 qts

Steam Broccoli florets until tender crisp according to package directions.

Broccoli Florets

35 lbs

Cook brown rice according to package directions.

Brown Rice

13 pounds

In a bowl layer, 1cup brown rice, 1cup broccoli florets and 1 cup meatball sauce mixture. Serve.

Sweet Thai Chili Sauce

Amount

Instructions

Water

1 qt + 1 pt

Pour water and vinegar into a small stock pot and bring to a boil over high heat. Stir in sugar, ginger, garlic, chili peppers and ketchup. Simmer for 5 minutes. Stir in cornstarch paste. Heat until cornstarch is clear. Remove from stove to cool. Transfer to covered container and refrigerate until needed.

Rice Vinegar

1 qt + 1 pt

Sugar

2 lbs + 11 oz

Fresh Ginger root Minced

4 tbsp

Garlic Minced

2 tbsp

Hot Chili peppers Minced

4 tbsp

Ketchup

4 tbsp

Cornstarch

4 tbsp



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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.