

# Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1/2 cup		1 cup	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		1/4 cup 3 Tbsp	4 oz	3/4 cup 2 Tbsp	
Ground ginger		1/4 tsp		1/2 tsp	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
White pepper		1 tsp		2 tsp	
Low-sodium chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables: *Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal	Prepare no more than 50 portions per batch.
*Fresh carrots, peeled, 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced OR	10 oz	2 cups	1 lb 4 oz	1 qt	
#Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt	
Vegetable oil		1/4 cup		1/2 cup	
Skinless, boneless chicken breasts, cut 1/2"x 1/2"	4 lb 8 oz		9 lb		5. Sauté chicken in oil for 3 to 5 minutes.  CCP Heat to 165 degrees F or higher for at least 15 seconds.  Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables.
Vegetable oil		1/2 cup		1 cup	6. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					
#If using Oriental vegetables, add frozen vegetables to sautéed chicken in Step 5.					

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## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Broccoli	3 lb 8 oz	7 lb
Carrots	4 lb	8 lb
Onions	12 oz	1 lb 8 oz

### SERVING:

1 cup (2 No. 8 scoops) provides 2 oz of meat and 5/8 cup of vegetable

### YIELD:

**25 Servings:** 11 lb 10 oz  
**50 Servings:** 23 lb 4 oz

### VOLUME:

**25 Servings:**  
**50 Servings:**

### Special Tip:

- 1) For an authentic Oriental flavor, when sauteing chicken in step 5, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

## Nutrients Per Serving

<b>Calories</b>	208	<b>Saturated Fat</b>	1.4 g	<b>Iron</b>	1.5 mg
<b>Protein</b>	22 g	<b>Cholesterol</b>	47 mg	<b>Calcium</b>	51 mg
<b>Carbohydrate</b>	12 g	<b>Vitamin A</b>	1355 RE/13640 IU	<b>Sodium</b>	251 mg
<b>Total Fat</b>	8.1 g	<b>Vitamin C</b>	46 mg	<b>Dietary Fiber</b>	3 g