



Chicken Fried Rice Recipe



SHALITFOODS
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Recipe Items:	1 Portion	5 Portions
PE Brown Rice (PE#21765)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Chicken (PE# 21735)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Carrot (PE#21734)	2 Tbsp (30 ml)	150 gm (5.3 oz)
PE Green Pea (PE#21751)	2 Tbsp (30 ml)	150 gm (5.3 oz)
Soy Sauce	1/2 tsp (2.5 ml)	13 ml (1/2 Tbsp)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #16 Scoop (60 gm) of brown rice. With the back of the scoop, create a small depression or divot in the centre of the brown rice (fried rice base).



3. Place the #16 Scoop (60 gm) of chicken mousse on top of the brown rice. Using the back of the scoop evenly spread the chicken mousse over the top of the brown rice.

If cold plating, make sure to spread out so the plate cover can fit tight.



4. Using a spoon, evenly cover the chicken mousse with small mounds of 2 Tbsp (30 ml) of carrot mousse and 2 Tbsp (30 ml) of green pea mousse vegetables.



5. Finish the chicken fried rice by drizzling with 1/2 tsp (2.5 ml) of soy sauce evenly over the top.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Options: alter protein or vegetables as desired. For additional flavours and variety, add ground herbs.

Nutrition Facts	
Valeur nutritive	
Per 1 plate (180g) / par 1 plate (180g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	220
Fat / Lipides 9g	14%
Saturated / satures 2.5g	
+ Trans / trans 0g	12%
Cholesterol / Cholesterol 25mg	
Sodium / Sodium 560mg	24%
Carbohydrate / Glucides 19g	6%
Fibre / Fibres 2g	7%
Sugars / Sucres 2g	
Protein / Proteines 16g	
Vitamin A / Vitamine A	9%
Vitamin C / Vitamine C	6%
Calcium / Calcium	6%
Iron / Fer	20%

