



Chettinad Chicken Yakisoba Bowl

Yield: serves 20

*Indicates items from National Food Group

Ingredients

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| 5 lb | * <i>Yakisoba Noodles</i> |
| 5 lb | * <i>Tempura Chicken Tender</i> |
| 4 lb | * <i>Chettinad Sauce</i> |
| 6 lb | * <i>Bean Soup</i> |
| ½ lb | sweet potatoes, diced small and par cooked |
| ½ lb | red onion, diced medium |
| ¼ lb | green pepper, diced medium |
| ½ lb | bok choy, chopped |
| ¼ lb | bean sprouts |
| 1 tsp | red chili flakes |
| 1 T | garlic, chopped |
| ½ c | toasted sesame seeds |

Preparation

- 1) In a medium heat stock pot, add garlic, red chili flakes, onion, pepper, and bok choy; cook until onions are tender and bok choy greens are wilted, 8-10 minutes.
- 2) Add bean soup; bring to a boil, and add yakisoba noodles, sweet potato, and bean sprouts. Turn heat down to simmer for 6-10 minutes; hold for service.
- 3) In a 350° F fryer cook chicken 6-8 minutes until internal temperature reaches 165° F.
- 4) In a large rondeau, heat chettinad sauce. Add cooked chicken and coat with sauce; hold for service.
- 5) Assembly: in large service bowl add 6 oz of broth, 6 oz noodles, 4 oz vegetables, 3-4 pieces of chicken.