

# Hungry Planet Chicken™ with Creamy Rice

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	12.94 oz

## 1 COOK AROMATICS

Name of ingredient	Capacity measure	EP	Methods
Margarine, regular, hard, soybean (hydrogenated)	~ 1 cup	0 lb 8.33 oz	<b>COOK AROMATICS</b> Melt margarine over medium heat. Add onions and cook until translucent (2-3 minutes). Add garlic and cook until aromatic (1 minute).
Onion, diced	1 1/8 qt	1 lb 3.83 oz	
Garlic clove, finely minced	~ 1/2 cup	0 lb 2.79 oz	

## 2 SEAR HUNGRY PLANET CHICKEN™

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Chicken™		3 lb 2.00 oz	<b>SEAR HUNGRY PLANET CHICKEN™</b> Add Hungry Planet Chicken™ to onions and garlic, breaking it up into small pieces while allowing the meat to cook (3-4 minutes). Season with salt, pepper, and Italian seasoning.
Salt, kosher, Diamond Crystal	8 1/3 tsp	0 lb 0.82 oz	
Spices, black pepper, ground	8 1/3 tsp	0 lb 0.66 oz	
Seasoning, Italian	4 1/4 tbsp	0 lb 0.44 oz	

## 3 COOK RICE

Name of ingredient	Capacity measure	EP	Methods
Rice, white, short-grain, enriched, uncooked	~ 1 qt	1 lb 13.39 oz	<b>COOK RICE</b> Add rice to searing chicken and mix to coat rice. Add 1/3 of hot vegetable stock and stir to combine. Stir mixture often until liquid has absorbed before adding another 1/3 of vegetable stock. Repeat, while stirring often, until all the stock has been absorbed and rice is cooked (about 15-20 minutes).
Vegetable stock	1.172 gal	9 lb 6.00 oz	



#### 4 FINISH RICE

Name of ingredient	Capacity measure	EP	Methods
Peas, green, frozen, unprepared	~ 1 1/8 qt	1 lb 4.12 oz	<b>FINISH RICE</b> When rice has cooked, add frozen peas, parmesan, and cream. Continue stirring until peas have cooked and the cheese has melted. Rice should be creamy, add cream if consistency is less than. Taste for seasoning.
Cream, vegan	~ 1 qt	2 lb 1.33 oz	
Vegan parmesan, dry, grated	~ 1 pt	0 lb 7.29 oz	

#### 5 GARNISH

Name of ingredient	Capacity measure	EP	Methods
Parsley, fresh	4 1/4 tbsp	0 lb 0.47 oz	<b>GARNISH</b> Garnish with freshly ground black pepper and picked parsley leaves.

#### ALLERGENS

 GLUTEN,  SOYA

#### WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 3.49 oz	0 %	20 lb 3.49 oz	0 %	20 lb 3.49 oz
Size of portion	12.94 oz		12.94 oz		12.94 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
<b>Fat</b>	<b>4.17 g</b>	<b>35.19 %</b>	104.76 kcal 438.32 kJ 0.44 MJ	Salt	0.34 g		
Saturated	0.72 g	6.12 %		Salt	0.34 %		Vitamins
Monounsaturated	1.44 g	12.19 %		Sodium	211.87 mg	Vitamin A	28.17 µg
Polyunsaturated	1.21 g	10.23 %		Phosphorus	19.40 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	86.26 mg	Thiamine	0.07 mg
Cholesterol	0.00 mg			Iron	0.88 mg	Riboflavin	0.02 mg
Linolenic acid	1.13 g			Calcium	13.34 mg	Niacin	0.50 mg
Alpha-linolenic acid	0.31 mg			Zinc	0.19 mg	Vitamin B6	0.03 mg
<b>Carbohydrate</b>	<b>13.47 g</b>	<b>52.25 %</b>		Magnesium	6.78 mg	Vitamin B12	0.00 µg
Sugars	3.98 g	15.43 %		Iodine	0.00 µg	Folic acid	20.45 µg
Sugar	0.00 g			Selenium	1.60 µg	Vitamin C	1.77 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin E	0.25 mg
Fibre	1.27 g	2.32 %				Vitamin K	4.81 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	0.26 g	1.01 %				Water	17.36 g
Protein	3.73 g	14.47 %					
Alcohol	0.00 g	0.00 %					