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	COOK AROMATICS Melt margarine over medium heat. Add onions and cook until translucent (2-3 minutes). Add garlic
Onion, diced	1 1/8 qt	1 lb 3.83 oz	and cook until aromatic (1 minute).
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	SEAR HUNGRY PLANET CHICKEN™
Salt, kosher, Diamond Crystal	8 1/3 tsp	0 lb 0.82 oz	Add Hungry Planet Chicken™ to onions and garlic, breaking it up into small pieces while allowing
Spices, black pepper, ground	8 1/3 tsp	0 lb 0.66 oz	the meat to cook (3-4 minutes). Season with salt, pepper, and Italian seasoning.
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	COOK RICE Add rice to searing chicken and mix to coat rice. Add 1/3 of hot vegetable stock and stir to
Vegetable stock	1.172 gal	9 lb 6.00 oz	combine. Stir mixutre 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).

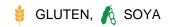
4 FINISH RICE

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

5 GARNISH

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

ALLERGENS



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

Alcohol

				Minerals			
Energy nutritives		% of energy	Energy	Salt	0.34 g		
Fat	4.17 g	35.19 %	104.76 kcal	Salt	0.34 %	Vitamins	
Saturated	0.72 g	6.12 %	438.32 kJ	Sodium	211.87 mg	Vitamin A	28.17 µg
Monounsaturated	1.44 g	12.19 %	0.44 MJ	Phosphorus	19.40 mg	Vitamin D	0.00 µg
Polyunsaturated	1.21 g	10.23 %		Potassium	86.26 mg	Thiamine	0.07 mg
Trans	0.00 g	0.00 %		Iron	0.88 mg	Riboflavin	0.02 mg
Cholesterol	0.00 mg			Calcium	13.34 mg	Niacin	0.50 mg
Linolenic acid	1.13 g			Zinc	0.19 mg	Vitamin B6	0.03 mg
Alpha-linolenic acid	0.31 mg			Magnesium	6.78 mg	Vitamin B12	0.00 µg
Carbohydrate	13.47 g	52.25 %		lodine	0.00 µg	Folic acid	20.45 µg
Sugars	3.98 g	15.43 %		Selenium	1.60 µg	Vitamin C	1.77 mg
Sugar	0.00 g			Copper	0.05 mg	Vitamin E	0.25 mg
Lactose	0.00 g					Vitamin K	4.81 µg
Fibre	1.27 g	2.32 %					
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 %					0

0.00 g

0.00 %