

Hungry Planet Chicken™ Lettuce Wraps

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	6.11 oz

1 HUNGRY PLANET CHICKEN™

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	~ 1/3 cup	0 lb 2.50 oz	SEAR HUNGRY PLANET CHICKEN™ Heat canola over high heat. Sear Hungry Planet Chicken™, stirring every so often (every 1-2 minutes). Add soy sauce when almost finished searing (3-5 minutes), stir, then remove Hungry Planet Chicken™ from the pan.
Hungry Planet Chicken™		3 lb 2.00 oz	
Soy sauce, low sodium	~ 1/4 cup	0 lb 2.33 oz	

2 VEGETABLES

Name of ingredient	Capacity measure	EP	Methods
Oil, sesame	~ 1 1/2 tbsp	0 lb 0.75 oz	SEAR VEGETABLES Add sesame oil in pan and turn heat down to medium high. Add scallions, garlic, and chopped peppers and cook until peppers begin to soften (about 3-4 minutes). When finished cooking, add vegetables to the Hungry Planet Chicken™ and mix to combine. Taste for seasoning. Hold warm.
Onion, scallion	1 2/3 cup	0 lb 3.33 oz	
Garlic clove, finely minced	~ 1/2 cup	0 lb 2.08 oz	
Peppers, sweet, yellow, raw	~ 2 cup	0 lb 8.33 oz	
Peppers, sweet, red, raw	~ 2 cup	0 lb 8.33 oz	



3 SAUCE

Name of ingredient	Capacity measure	EP	Methods
Sambal Olek	~ 2 1/2 tbsp	0 lb 1.58 oz	MAKE SAUCE Combine all sauce ingredients together and mix well. Serve on the side.
Sauce, hoisin, ready-to-serve	~ 1/2 cup	0 lb 5.42 oz	
Ginger root, raw, grated	~ 1/3 cup	0 lb 1.00 oz	
Oil, sesame	~ 2 1/4 tbsp	0 lb 1.04 oz	
Rice Wine Vinegar	~ 1/4 cup	0 lb 2.25 oz	
Ketchup, sweet chili	~ 2/3 cup	0 lb 5.17 oz	

4 ASSEMBLE

Name of ingredient	Capacity measure	EP	Methods
Lettuce, Butter	4.2 ea	1 lb 7.75 oz	ASSEMBLE To assemble: hold a cleaned and trimmed individual butter lettuce leaf in hand, scoop about 1 oz of cooked jasmine rice, 2 oz of Hungry Planet Chicken™ and vegetable mixture, and a drizzle of sauce on top, wrap and enjoy immediately.
Rice, white, long-grain, regular, enriched, cooked	~ 1 5/8 qt	2 lb 3.00 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 8.87 oz	0 %	9 lb 8.87 oz	0 %	9 lb 8.87 oz
Size of portion	6.11 oz		6.11 oz		6.11 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	4.34 g	34.99 %	109.74 kcal	Salt	0.15 g	
Saturated	0.33 g	2.67 %	459.17 kJ	Salt	0.15 %	Vitamins
Monounsaturated	1.56 g	12.58 %	0.46 MJ	Sodium	218.76 mg	Vitamin A
Polyunsaturated	1.03 g	8.34 %		Phosphorus	15.17 mg	Vitamin D
Trans	0.01 g	0.05 %		Potassium	148.01 mg	Thiamine
Cholesterol	0.11 mg			Iron	1.02 mg	Riboflavin
Linolenic acid	0.87 g			Calcium	22.61 mg	Niacin
Alpha-linolenic acid	149.42 mg			Zinc	0.16 mg	Vitamin B6
Carbohydrate	11.29 g	41.80 %		Magnesium	5.76 mg	Vitamin B12
Sugars	1.30 g	4.80 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	1.83 µg	Vitamin C
Lactose	0.00 g			Copper	0.03 mg	Vitamin E
Fibre	1.41 g	2.46 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.00 g	0.00 %				Water
Protein	6.46 g	23.93 %				32.12 g
Alcohol	0.00 g	0.00 %				