

Hungry Planet Chicken™ Quinoa Enchilada

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		4	15.83 oz

1 HUNGRY PLANET CHICKEN™

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	4 tbsp	0 lb 1.93 oz	SEAR HUNGRY PLANET CHICKEN™ Heat oil over high heat. Add Hungry Planet Chicken™, break up into small pieces while allowing to sear (3-4 minutes). Add red enchilada sauce and allow sauce to caramelize while stirring occasionally (1-2 minutes). Set aside.
Hungry Planet Chicken™		0 lb 8.00 oz	
Sauce, enchilada, red, mild, ready to serve	1/2 cup	0 lb 4.00 oz	

2 QUINOA

Name of ingredient	Capacity measure	EP	Methods
Quinoa, uncooked	1 cup	0 lb 6.00 oz	MAKE ENCHILADA FILLING Boil quinoa until tender, 10-12 minutes. Drain. Stir in corn, black beans, chili lime salt and Hungry Planet Chicken™. Taste for seasoning.
Corn, canned	~ 2/3 cup	0 lb 2.88 oz	
Beans, black, canned	~ 2/3 cup	0 lb 5.08 oz	
Onion, scallion	~ 1/3 cup	0 lb 0.80 oz	
Chili lime salt	1 1/3 tbsp	0 lb 0.28 oz	



3 ASSEMBLE

Name of ingredient	Capacity measure	EP	Methods
Tortillas, ready-to-bake or -fry, corn	20.0 ea	0 lb 8.00 oz	ASSEMBLE Heat oven to 400°F. Wrap tortillas in foil and warm just slightly in oven so they become softer and bendable (1 minute). When warm, scoop about 1 oz (1 tablespoon) of the mixture into each tortilla, rolling them up as you go into cigars. Put each tortilla in a casserole or heat-safe serving dish lined up next to each other. Pour green enchilada sauce over rolled up tortillas and top with cheese. Bake in oven until cheese has melted (4-5 minutes).
Enchilada sauce, green	1 cup	0 lb 8.82 oz	
PACE, Cilantro Chunky Salsa		4.00 oz	
Vegan nacho cheese	1 cup	0 lb 8.47 oz	

4 GARNISH

Name of ingredient	Capacity measure	EP	Methods
Vegan sour cream	1/2 cup	0 lb 4.06 oz	GARNISH
Jalapenos, pickled, chopped	3 1/3 tbsp	0 lb 1.00 oz	Garnish with salsa, sour cream, and pickled jalapenos.

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	3 lb 15.30 oz	0 %	3 lb 15.30 oz	0 %	3 lb 15.30 oz
Size of portion	15.83 oz		15.83 oz		15.83 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	% of energy	Energy	Minerals	Vitamins
Fat	4.63 g	34.02 %	120.45 kcal	Salt 0.39 g
Saturated	0.37 g	2.72 %	503.99 kJ	Sodium 218.00 mg
Monounsaturated	2.18 g	16.02 %	0.50 MJ	Phosphorus 95.10 mg
Polyunsaturated	1.40 g	10.26 %		Potassium 157.58 mg
Trans	0.01 g	0.09 %		Iron 1.06 mg
Cholesterol	0.00 mg			Calcium 26.27 mg
Linolenic acid	1.08 g			Zinc 0.53 mg
Alpha-linolenic acid	280.98 mg			Magnesium 31.89 mg
Carbohydrate	15.48 g	52.23 %		Iodine 0.00 µg
Sugars	0.80 g	2.72 %		Selenium 1.75 µg
Sugar	0.00 g			Copper 0.10 mg
Lactose	0.00 g			Vitamin K 5.49 µg
Fibre	2.80 g	4.44 %		
Organic acids	0.00 g	0.00 %		
Sugar alcohol	0.00 g	0.00 %		
Starch	5.67 g	19.14 %		Others
Protein	4.87 g	16.43 %		Water 30.74 g
Alcohol	0.00 g	0.00 %		