

Hungry Planet Asian Meatball™ Cauliflower Bowl - 1530

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 11.96 oz
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1 HUNGRY PLANET ASIAN MEATBALLS™

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
9 1/3 tbsp	0 lb 4.46 oz	0%	0 lb 4.46 oz	Oil, peanut, salad or cooking	HUNGRY PLANET ASIAN MEATBALLS™ Heat oil in a large nonstick saute pan. Arrange Hungry Planet Asian Meatballs™ and allow to sear about 2 minutes on each side. Set aside when warmed through.		
100.0 ea	6 lb 4.00 oz	0%	6 lb 4.00 oz	Hungry Planet Asian Meatball™			

2 STICKY SAUCE

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1 2/3 pt	2 lb 1.33 oz	0%	2 lb 1.33 oz	Sauce, oyster, ready-to-serve	STICKY SAUCE Mix together ingredients for the sticky sauce in a large bowl and add hot Hungry Planet Asian Meatballs™. Hold somewhere warm while making the cauliflower rice.		
16 2/3 tbsp	0 lb 9.37 oz	0%	0 lb 9.37 oz	Soy sauce, low sodium			
8 1/3 tbsp	0 lb 6.23 oz	0%	0 lb 6.23 oz	Honey			
8 1/3 tbsp	0 lb 5.42 oz	0%	0 lb 5.42 oz	Sambal Olek			

3 CAULIFLOWER RICE

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
12 1/2 tbsp	0 lb 6.01 oz	0%	0 lb 6.01 oz	Oil, sesame	CAULIFLOWER RICE Heat oil over high heat. Add onion and garlic and cook for 2 minutes. Add cauliflower rice and mix to coat. After 3 minutes, add coleslaw mix and soy sauce and toss to stir fry. Cook until cauliflower is cooked through. Taste for seasoning.		
~ 1 qt	1 lb 2.54 oz	0%	1 lb 2.54 oz	Onions, finely chopped			
8 1/3 tbsp	0 lb 2.50 oz	0%	0 lb 2.50 oz	Garlic clove, finely minced			
1.042 gal	3 lb 14.91 oz	0%	3 lb 14.91 oz	Cauliflower, raw, chopped			
1.042 gal	2 lb 1.17 oz	0%	2 lb 1.17 oz	Coleslaw mix, raw			
16 2/3 tbsp	0 lb 9.37 oz	0%	0 lb 9.37 oz	Soy sauce, low sodium			

4 GARNISH

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
4 1/4 tbsp	0 lb 1.32 oz	0%	0 lb 1.32 oz	Seeds, sesame seeds, whole, dried	GARNISH Scoop cauliflower rice into a bowl and arrange Hungry Planet Asian Meatballs™ on top. Garnish with sesame seeds, shaved carrot, and cilantro. Serve warm.		
16 2/3 tbsp	0 lb 5.70 oz	0%	0 lb 5.70 oz	Carrots			
16 2/3 tbsp	0 lb 0.59 oz	0%	0 lb 0.59 oz	Cilantro, fresh, chopped			

RECIPE IMAGES



ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 10.91 oz	0 %	18 lb 10.91 oz	0 %	18 lb 10.91 oz
Size of portion	11.96 oz		11.96 oz		11.96 oz

ADDITIONAL INFO

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