

wonder

PREP PROCEDURE

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ARUGULA

Version: 01
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SMALL WARES/TOOLS

- Portion bags
- Gram scale

YIELD

One (1) bulk bag = Three (3) batches

One (1) batch = One (1) portion

LABEL

Pantry Label

INGREDIENTS

- Arugula, Wild, Satur Farms [Pack, 4oz Retail] (8807336)

PROCEDURES



Place a 6th pan or deli container on a scale, then tare the scale to ensure it is at 0 (using the button).



Place a 37g portion into a container/pan.



Bag the 37g of Arugula into a portion bag.



Once portioned, twist each bag shut and place in an Akrobin.



Repeat until the contents of the bulk bag have been portioned. Be sure to tare the scale between portions. Each pack as 3 portions.



Label the Akrobin with a pantry label and place the bin in the fridge.