

## Lemon Chicken Snack



Light and healthy chicken meal featuring LEAN CUISINE® Glazed Chicken.

Yield	28 lbs 50(9oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
104	fl oz	3- 1/4 qts		Water	
1.75	oz	3 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
62	oz	3- 1/4 qts		Couscous	Whole wheat
.5	oz	1/3 cup		Parsley, fresh	chopped
6.25	fl oz	2/3 cup		Lemon juice, fresh	
6.25	fl oz	2/3 cup		Olive oil	
19	lb	4 trays		<u>Stouffer's® Lean Cuisine® Glazed Chicken</u>	prepared
4	fl oz	1/2 cup		Lemon juice, fresh	
.75	oz	1/2 cup		Lemon zest	
8	fl oz	1 cup		Olive oil	
2	oz	1/2 cup		Garlic	chopped
88	oz	1- 1/2 gal		Button mushrooms	quartered, roasted
3	lb			Kale, curly	stemmed, chopped

### Preparation Steps

1. Combine water and Vegetable Base and bring to a boil. Whisk in couscous; turn off heat and cover. Let the couscous steep covered for 5 minutes. Use a fork to fluff the couscous. Add parsley, lemon juice, and olive oil while fluffing.
2. Stir lemon juice and zest into Glazed Chicken. Reserve.
3. Sauté the garlic in olive oil until just toasted. Add mushrooms and kale and continue to sauté until kale is wilted. Add Glazed Chicken to vegetable sauté. Toss to coat vegetables with chicken sauce.
4. Serve lemon chicken over couscous.

### Chef's tip

25 cups Couscous and 25 cups Vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	369.6
Energy (KJ)	1584.4
Protein (g)	24.3
Carbohydrate, total (g)	37.8
Fats, total (g)	13.7
Sugars, total (g)	4.7
Fats, saturated (g)	2.3
Fiber, total dietary (g)	3.2
Sodium (mg)	513.7

Calcium (mg)	52.7
Cholesterol (mg)	42.3
Iron (mg)	1.8
Fats, monounsaturated (g)	7.6
Fats, polyunsaturated (g)	3.1
Vitamin A (µg_RAE)	152
Vitamin C (mg)	36.5

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

# LEMON CHICKEN SNACK

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

€ ☐ Whole wheat cous cous 4 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

€ ☐ Kale 4.25 lbs

€ ☐ Garlic 2 oz

€ ☐ Button mushrooms 8 lbs

€ ☐ Parsley 4 oz

€ ☐ Lemons 6-8

### > Frozen

€ ☐ LEAN CUISINE® Glazed Chicken 1 case

### > Protein

€

### > Dairy

### > Refrigerated

☐ MINOR'S® Natural Gluten Free Vegetable Base 1 tub

# LEMON CHICKEN SNACK

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, chop 4 oz parsley
- € ☐ Zest and juice 6-8 lemons (½ cup zest & 11 fluid ounces juice)
- € ☐ Chop ½ cup garlic
- € ☐ Clean, quarter, oil, season, roast 8 lbs button mushrooms (substitute 1:1 wild mushrooms if desired)
- € ☐ Clean, stem, chop 4.25 lbs kale
- € ☐ Reserve 4 trays LEAN CUISINE® Glazed Chicken

### > Day of Service

- €€€ ☐ Cook glazed chicken
- € ☐ Combine glazed chicken with lemon juice and zest
- € ☐ Prepare cous cous

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding cous cous and glazed chicken hot
- € ☐ Containers for holding kale saute mise en place cold (3)
- € ☐ ½ Teaspoon scoop for garlic
- € ☐ 2 cup measure for kale
- € ☐ Tongs for kale
- € ☐ ¼ cup measure for mushrooms
- € ☐ Spoon for chicken (3 pc) and sauce (2oz)
- € ☐ ½ cup measure for cous cous