

### Teriyaki Stir Fry Bowl



Delectable mouthfuls of chicken, bok choy, carrot and peas are stir fried in Minor's ready-to-use (RTU) Teriyaki Sauce for an infusion of toasted sesame, soy and brown sugar served sizzling hot over a bed of barley.

Yield	10-1/2 oz
Serves	1
Preparation time	2 minutes
Cooking time	3 minutes

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3	oz	1/2 cup		Cooked chicken, meat only	chopped
.75	oz	1/2 cup		Bok choy	sliced
1	oz	1/2 cup		Carrot	julienne
2.5	oz	1/2 cup		Peas, green, fresh	
1	oz	2 tbsp		<u>MINOR'S® Teriyaki Sauce RTU 4x0.5 gal.</u>	
2.25	oz	1/2 cup		Barley prepared with Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	

#### Preparation Steps

1. Sauté chicken and/or larger vegetables for 1-2 minutes.
2. Add additional chosen garnishes and cook until vegetables are hot but still crispy.
3. Remove from heat, and toss with chosen Minor's Teriyaki RTU Sauce.
4. Create a bed of barley and top with chicken, vegetables and sauce.

#### Chef's tip

For a next-level flavor build, use a marinated protein and main vegetable ingredient, in addition to your Signature Sauce.

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	306.6
Energy (KJ)	1294.5
Protein (g)	28
Carbohydrate, total (g)	32.2
Fats, total (g)	7.1
Sugars, total (g)	11.7
Fats, saturated (g)	1.8
Fiber, total dietary (g)	7.1
Sodium (mg)	400.8
Calcium (mg)	67.3
Cholesterol (mg)	63.8
Iron (mg)	2.8
Vitamin A (µg_RAE)	326.6
Vitamin C (mg)	39.8

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