

Kale and Chorizo Breakfast Taco

Perfect Eggs Mix featuring kale and crumbled chorizo.

Yield: 15 lbs, 10 oz
Serves: 50
Cook time: 2 minutes
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Chorizo, cooked, crumbled	25	oz	1 qt
Kale, chopped, blanched	25	oz	1-1/2 gal
Perfect Eggs Mix recipe, prepared	100	oz	12-1/2 cups
Tortilla, flour	75	oz	50 each
BYO Burrito Guacamole recipe, prepared	25	oz	3 cups

Preparation Steps

1. Sauté 1-1/2 Tbsp chorizo until warmed through. Add kale and sauté until wilted. Add 2 oz Perfect Eggs Mix.
2. Scramble together until eggs are fully cooked.
3. Place chorizo and Perfect Eggs Mix in the center of the tortilla and top with 1 Tbsp BYO Burrito Guacamole.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	243.74
Energy (KJ)	1023.16
Fats, total (g)	10.7
Fats, saturated (g)	3.52
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	14.66
Sodium (mg)	546.37
Carbohydrate, total (g)	24.3
Fiber, total dietary (g)	2.31
Sugars, total (g)	2.2
Protein (g)	11.91
Vitamin A (µg_RAE)	85.34
Vitamin C (mg)	17.6
Calcium (mg)	107.8
Iron (mg)	2.8

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

Serving Suggestions

One of the flavor concentrate egg variations can also be used in this application.

BYO Burrito Guacamole



Speed scratch guacamole.

Yield	100 fl.oz 50(2oz)servings
Serves	50
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	2	qts	Avocado	pulp
77	oz	2	qts	BYO Burrito Pico De Gallo - prepared	

Preparation Steps

1. Fold avocado pulp together with BYO Burrito Pico de Gallo.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	69.5
Energy (KJ)	291.4
Protein (g)	1.1
Carbohydrate, total (g)	5.5
Fats, total (g)	5.5
Sugars, total (g)	1.5
Fats, saturated (g)	0.8
Fiber, total dietary (g)	3
Sodium (mg)	21.3
Calcium (mg)	10.6
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	0.7
Vitamin A (µg_RAE)	7.6
Vitamin C (mg)	10
Vitamin D (µg)	0

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

Perfect Eggs Mix (Plain)

Perfectly fluffy eggs made with *Minor's*® Culinary Cream.

Yield: 70
Serves: 25
Prep time: 2 minutes
Cook time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Liquid Eggs	66	oz	2 qt
<i>Minor's</i> Culinary Cream®	6.5	oz	3/4 cup

Preparation Steps

1. Thoroughly whisk together the eggs and *Minor's* Culinary Cream until smooth.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	50.4
Energy (KJ)	224
Fats, total (g)	7.5
Fats, saturated (g)	1.7
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	3.9
Sodium (mg)	160.5
Carbohydrate, total (g)	1.8
Fiber, total dietary (g)	0.05
Sugars, total (g)	1.7
Protein (g)	7.6
Vitamin A (µg_RAE)	17.14
Vitamin C (mg)	0.37
Calcium (mg)	55.6
Iron (mg)	1.5

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

Chef Tips

Use for scrambled eggs, frittatas, omelets and other breakfast egg applications.

KALE AND CHORIZO BREAKFAST TACO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 50 8" flour tortillas
- € ☐ 1 qt fat-free mayonnaise

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 6-1/2 lbs local seasonal tomatoes
- € ☐ 5 lbs local seasonal kale
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*

**Spinach, onions, jalapeño peppers, bell peppers, olives, potatoes, broccoli, cauliflower, carrots, beans, sundried tomatoes, zucchini, chopped herbs and squash can all be added to increase guest customization.*

> Protein

- € ☐ 4 lbs meat (optional)**

***Bacon, sausage, ham, turkey or chicken can all be added to increase guest customization.*

> Dairy

- ☐ 1 pt plain fat-free sour cream
- € ☐ 12 oz Parmesan cheese (optional)*

**Cheddar, Gruyere, Provolone and American cheeses can all be added to increase guest customization.*

> Refrigerated

- € ☐ 4 qt liquid eggs
- € ☐ 1 tub Minor's® Culinary Cream
- € ☐ 1 tub Minor's Roasted Garlic Flavor Concentrate
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Jalapeño Flavor Concentrate

KALE AND CHORIZO BREAKFAST TACO

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

- € ☐ Secure 50 8" tortillas
- € ☐ Prepare 2x Perfect Eggs Mix recipe (divide into 3 variations using Perfect Eggs Mix variation recipes)
- € ☐ Prepare Jalapeño Crema recipe, place in squirt bottle
- € ☐ Prepare Garlic Spread recipe, place in squirt bottle
- € ☐ Prepare Vegetable Crema recipe, place in squirt bottle
- € ☐ Secure 12 oz shredded Parmesan cheese
- € ☐ Clean and dice 6-1/2 lbs local seasonal tomatoes*
- € ☐ Clean, cut and sauté 5 lbs local seasonal kale*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Cook, cool, and cut 4 lbs meat for breakfast taco station (optional)
- € ☐ Fill 8 oz squirt bottles with oil (3)

**Certain mix-ins may require slightly different preparations depending on the item.*

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Lined basket for tortillas with extra linen on top to keep them fresh
- € ☐ Heatproof spatula (2)
- € ☐ Container for holding eggs cold
- € ☐ 3 oz ladle for eggs
- € ☐ Containers for holding meat, vegetables and cheese cold (8)
- € ☐ Tongs or tablespoon scoops for meat, vegetables and cheese (8)