



# RECIPES & INSPIRATION



## Chettinad Chicken Yakisoba Bowl

Yield: serves 20

### Ingredients

|       |  |
|-------|--|
| 5 lb  | #608530 Yakisoba Noodles                   |
| 5 lb  | #09127 Tempura Chicken Tender              |
| 4 lb  | #604138 Chettinad Sauce                    |
| 6 lb  | #607915 Bean Soup                          |
| ½ lb  | sweet potatoes, diced small and par cooked |
| ½ lb  | red onion, diced medium                    |
| ¼ lb  | green pepper, diced medium                 |
| ½ lb  | bok choy, chopped                          |
| ¼ lb  | bean sprouts                               |
| 1 tsp | red chili flakes                           |
| 1 T   | garlic, chopped                            |
| ½ c   | toasted sesame seeds                       |

### Preparation

- 1) In a medium heat stock pot, add garlic, red chili flakes, onion, pepper, and bok choy; cook until onions are tender and bok choy greens are wilted, 8-10 minutes.
- 2) Add bean soup; bring to a boil, and add yakisoba noodles, sweet potato, and bean sprouts. Turn heat down to simmer for 6-10 minutes; hold for service.
- 3) In a 350° F fryer cook chicken 6-8 minutes until internal temperature reaches 165° F.
- 4) In a large rondeau, heat chettinad sauce. Add cooked chicken and coat with sauce; hold for service.
- 5) Assembly: in large service bowl add 6 oz of broth, 6 oz noodles, 4 oz vegetables, 3-4 pieces of chicken.