

# African Inspired Chik'n Nugget Bowl

with MorningStar Farms® Whole Grain Breaded Chik'n Nuggets



## Ingredients: 50 Servings

### Jollof Rice

- 3 lbs. tomatoes, fresh, EP
- 1 lb. 8 oz. onion, red, fresh, EP
- 1 lb. 4 oz. pepper, bell, red, fresh, EP
- 3 oz. jalapeno, whole with stem, fresh, EP
- 1 pt. oil, canola
- 1/2 c. tomato paste
- 1 tbsp. + 1 tsp. curry powder
- 1 tbsp. + 1 tsp. garlic, granulated
- 1 tbsp. + 1 tsp. ginger, powder
- 2 tbsp. + 2 tsp. paprika
- 1 tbsp. + 1 tsp. salt
- 2 tbsp. + 2 tsp. thyme, dried leaves
- 2 ea. bay leaf
- 3 lbs. 4 oz. rice, brown, parboiled
- 2 qt. + 2 c. broth, vegetable

### Chik'n Nuggets

- 200 ea. MorningStar Farms® Whole Grain Breaded Chik'n Nuggets

### Coleslaw

- 2 1/2 c. mayonnaise
- 1/4 c. sugar, granulated
- 1/4 c. vinegar, cider
- 5 lbs. cabbage, fresh, shredded
- 8 oz. carrots, shredded

**Note:** Spices and salt can be replaced with Jollof rice seasoning, but note that the sodium content will change. Follow manufacturer's instructions for amount.

## Directions

1. Prepare Jollof Rice. Chop the tomatoes, onion, and bell pepper into large chunks. Add to a blender or a large container if using an immersion blender.
2. Remove the stem and seeds from the jalapeno and add to the blender or container. Blend until smooth.
3. Place a large braising pan over medium heat or preheat a tilt skillet. Once hot, add the oil.
4. Once the oil is shimmering, add the tomato paste and fry for 2 minutes, stirring constantly. Add curry powder, garlic, ginger, paprika, and salt. Stir and cook for about 30 seconds. Then add blended tomato mixture, thyme, and bay leaf. Simmer uncovered for 15 minutes or until reduced by 1/3 (≈2 qt. + 1 c. final volume).
5. Add rice to the tomato mixture and stir to coat. Then add broth.
6. Bring mixture to a boil, then reduce to low, cover with foil and a tight-fitting lid if using a braising pan or close the lid if using a tilt skillet, and simmer for about 25-30 minutes or until rice is done. Allow to rest covered for 10 minutes. Then remove foil (if using a pan), open lid, and stir. Heat to 135°F or above. Hold and serve at 135°F or above.
7. Prepare chik'n nuggets. Preheat oven to 400°F convection or 425°F conventional.
8. Using two lined sheet pans, place 100 frozen nuggets in a single layer on each pan and bake for 9-12 minutes. Heat to 135°F or above. Hold and serve at 135°F or above.
9. Prepare coleslaw. Combine mayonnaise, sugar, and vinegar in a large bowl. Add shredded cabbage and carrots. Gently mix to combine. Hold and serve at 41°F or below.
10. Prepare individual servings:
  - 1/2 c. jollof rice
  - 4 ea. chik'n nuggets
  - 1/2 c. slaw

**THIS RECIPE MEETS:**  
**20z. Eq. Gr.**  
**20z. Eq. M/MA**  
**1/2 Cup Other Veg.**

**Calories** ..... **480**  
**Total Fat** ..... **28g**  
**Saturated Fat** ..... **3g**  
**Sodium** ..... **620mg**  
**Total Carbs** ..... **49g**  
**Dietary Fiber** ..... **7g**  
**Total Sugars** ..... **6g**  
 Includes 1g Added Sugars  
**Protein** ..... **16g**

| ITEM CODE   | DISTRIBUTOR CODE | PRODUCT NAME  |
|-------------|------------------|---|
| 28989-97762 |                  | MorningStar Farms® Whole Grain Breaded Chik'n Nuggets |

| CASE              | OUNCE EQUIV. GRAIN OR M/MA |
|-------------------|----------------------------|
| 0.76Oz. (212 Ct.) | 2Oz. Eq. M/MA              |

# Buffalo Chik'n Nugget Salad

with MorningStar Farms® Whole Grain Breaded Chik'n Nuggets



## Ingredients: 50 Servings

## Directions

### Yogurt Ranch Dressing

- 1 qt. yogurt, plain, low-fat
- 1 pt. mayonnaise
- 3/4 c. lemon juice
- 2 tsp. dill, dried
- 2 tsp. garlic, powder
- 2 tsp. onion, powder
- 2 tsp. black pepper
- 1 tsp. salt

### Buffalo Chik'n Nuggets

- 200 ea. MorningStar Farms® Whole Grain Breaded Chik'n Nuggets
- 1 pt. buffalo wing sauce

### Salad

- 4 lbs. 1 oz. romaine lettuce, fresh, diced
- 1 lb. 11 oz. celery, fresh, diced
- 1 lb. 10 oz. carrots, shredded
- 2 lbs. 14 oz. tomatoes, fresh, diced
- 1 lb. 9 oz. cheese, cheddar, shredded

1. Prepare dressing. Combine yogurt, mayonnaise, lemon juice, dill, garlic powder, onion powder, black pepper, and salt in a bowl. Whisk to combine. Hold and serve at 41°F or below.
2. Prepare chik'n nuggets. Preheat oven to 400°F convection on or 425°F conventional. Prepare a baking sheet with pan liner.
3. Place nuggets in a mixing bowl. Pour buffalo sauce evenly over nuggets. Using a spatula, quickly toss to combine, making sure each nugget is lightly coated with sauce. Nuggets will not be fully coated.
4. Using two lined sheet pans, place 100 frozen nuggets in a single layer on each pan and bake for 9-12 minutes. Heat to 135°F or above. Hold and serve at 135°F or above.
5. Portion nuggets into grab and go containers to serve with salad. Four nuggets per serving.
6. Prepare salad. Place the following ingredients in a bowl or other serving container:
  - 1 c. (#4 disher) romaine lettuce
  - 2 tbsp. (#30 disher) shredded carrots
  - 2 tbsp. (#30 disher) diced tomatoes
  - 2 tbsp. (.5 oz) shredded cheddar cheese
  - 2 tbsp. (1 oz. ladle) yogurt ranch dressingHold and serve at 41° F or below.
7. Serve with 4 warm Buffalo Chik'n Nuggets

### THIS RECIPE MEETS:

10z. Eq. Gr.

20z. Eq. M/MA

1/2 Cup

Dark Green Veg.

1/4 Cup

Red Orange Veg.

1/8 Cup Other Veg.

Calories ..... 330

Total Fat ..... 21g

Saturated Fat ..... 5g

Sodium ..... 930mg

Total Carbs ..... 24g

Dietary Fiber ..... 5g

Total Sugars ..... 6g

Includes 0g Added Sugars

Protein ..... 18g

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MorningStar Farms® Whole Grain Breaded Chik'n Nuggets

CASE

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2Oz. Eq. M/MA



# Greek Bowl

with MorningStar Farms® Whole Grain Breaded Chik'n Nuggets



THIS RECIPE MEETS:

20z. Eq. Gr.

20z. Eq. M/MA

1/2 Cup

Dark Green Veg.

1/8 Cup

Red Orange Veg.

1/8 Cup Legumes

Calories ..... 550

Total Fat ..... 33g

Saturated Fat ..... 4g

Sodium ..... 600mg

Total Carbs ..... 52g

Dietary Fiber ..... 8g

Total Sugars ..... 8g

Includes 3g Added Sugars

Protein ..... 20g

## Ingredients: 50 Servings

## Directions

### Balsamic Vinaigrette

- 1 1/2 c. vinegar, balsamic
- 1/2 c. honey
- 2 tsp. granulated garlic
- 1 tsp. salt
- 4 1/2 c. oil, canola olive blend

### Bowl

- 2 qt. water
- 2 qt. brown rice, parboiled, dry
- 200 ea. MorningStar Farms® Whole Grain Breaded Chik'n Nuggets
- 6 lbs. 8 oz. spinach, fresh, chopped
- 1 qt. + 2 1/4 c. beans, garbanzo, drained, rinsed
- 3 lbs. 5 oz. tomato, Roma, fresh, diced
- 3 c. + 2 tbsp. olives, black, sliced
- 2 c. + 1 tbsp. + 1 tsp. feta, crumbled
- 1 c. + 2 tsp. parsley, fresh, finely chopped
- 1 c. + 2 tsp. sunflower seeds, dry roasted, lightly salted

1. Prepare vinaigrette. In a bowl, whisk to combine vinegar, honey, granulated garlic, and salt. Slowly pour in oil, whisking continuously. Hold and serve at 41°F or below.
2. Prepare rice. Spray a 2" deep steamtable pan with pan release. Add water and brown rice. Steam 23-25 minutes until rice is done. Cover with a lid or foil for 10 minutes. Then fluff with a spoon for service. Hold and serve at 135°F or above.
3. Prepare chik'n nuggets. Preheat oven to 400°F convection on or 425°F conventional.
4. Using two lined sheet pans, place 100 frozen nuggets in a single layer on each pan and bake for 9-12 minutes. Heat to 135°F or above. Hold and serve at 135°F or above.
5. Prepare bowls. Place the following ingredients in a bowl or other serving container:
  - 1 c. spinach
  - 1/2 c. (#8 disher) brown rice
  - 4 ea. chik'n nuggets
  - 2 tbsp. (1 oz. ladle) vinaigrette
  - 2 tbsp. (#30 disher) garbanzo beans
  - 2 tbsp. (#30 disher) diced tomato
  - 1 tbsp. olives
  - 2 tsp. (#100 disher) feta
  - 1 tsp. parsley
  - 1 tsp. sunflower seeds

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