



# HEARTY CHICKEN, LEMON, RICE & SPINACH BOWL

**Yield: 50/100 servings**  
**Serving Size:**  
**1 cup solids**  
**1/2 cup broth**



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**APPROXIMATE NUTRIENTS PER SERVING:** Calories 182, Protein 13 g, Carbohydrate 26 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 26 mg, Vitamin A 6151 IU, Vitamin C 7 mg, Iron 2 mg, Calcium 39 mg, Sodium 390 mg, Dietary Fiber 3 g

# HEARTY CHICKEN, LEMON, RICE & SPINACH BOWL

Prep Time: 15-20 minutes  
Cook Time: 20-25 minutes



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Vegetable oil		3 tbsp		¼ cup	1. In a large rondo, heat oil, add carrots and cook for 1 minute. Add spinach and chicken and heat through. Transfer to a deep half hotel pan; use a full hotel pan for 100 servings. Hold. Critical Control Point: Cook to an internal temperature of 165°F or higher for 15 seconds.
Carrots, fresh, shredded	3 lb 8 oz	3 qt	7 lb	1 ½ gal	
Baby spinach leaves	2 lb	1 ½ gal 1 cup	4 lb	3 gal 2 cups	
White chicken meat, diced, cooked	3 lb 2 oz		6 lb 4 oz		
<b>Lemon-Chicken Broth**</b>					
Low-sodium chicken broth					2. Simmer chicken broth with red pepper flakes for 15 minutes. Stir in herbs, lemon juice and soy sauce. Cover and hold. Critical Control Point: Hold hot at 140°F or higher for service.
Red pepper flakes		1 gal 2 ½ qt		3 gal 1 qt	
Cilantro and/or parsley, fresh, chopped		1 tsp		2 tsp	
Lemon juice		1 cup		2 cups	
Lower-sodium soy sauce		½ cup		1 cup	
		⅓ cup		2/3 cup	
Brown rice, cooked*	10 lb 12 oz	1 ½ gal 1 cup	21 lb 8 oz	3 gal 2 cups	3. To Serve: Scoop ½ cup (No. 8 scoop) chicken-vegetable mixture into a bowl. Top with ½ cup (No. 8 scoop) hot rice. Ladle ½ cup (4 oz ladle) Lemon-Chicken Broth** over top and serve. Critical Control Point: Hold hot at 140°F or higher for service.
Lemon-Chicken Broth**, very hot		1 gal 2 ¼ qt		3 gal ½ qt	

**ONE SERVING PROVIDES:** 1 oz eq G, 1 oz eq M/MA, ⅓ cup dark green V, ⅜ cup red/orange V

**COOLING:** Critical Control Point: Cool from 135 °F to 70°F or lower within 2 hours and from 70°F to 41°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans in ice up to product level and stir frequently. Cover and label product.

**REHEATING:** Critical Control Point: Reheat to 165°F or higher for 15 seconds, within 2 hours.

\*Follow package cooking instructions. If not available, visit MenuRice.com for suggested rice preparation methods.