



Recipe Type:  
Entrée

## High Liner Amazin' Asian Rice Bowl

High Liner Foodservice Whole Grain Salmon Bites served on a bed of UNCLE BEN'S® Whole Grain Brown Rice and blended with broccoli, snap peas and bell peppers.

### Featuring Qualifying Products



High Liner Foodservice Whole Grain Breaded Salmon Bites with Sweet Asian Sauce #26261



UNCLE BEN'S® Whole Grain Brown Rice #12111

### High Liner Amazin' Asian Rice Bowl

Yield: 100 Servings

Serving Size: 1 Bowl (13 oz. or 368.55g)



### Meal Components (per 1 bowl)

M/MA	2 oz.	Whole Grain Rich 2.5 oz.	Vegetable Credit
			Dark Green ¼ c.
			Red-Orange ⅜ c.
			Other ⅜ c.

### Allergens

Milk	Fish	Wheat
Soybeans (Soybean Oil)		

HACCP Process: Same-Day Service

Ingredients	Measurements	Directions
<b>UNCLE BEN'S® Whole Grain Brown Rice, Dry</b>  Water	6 lb. + 4 oz.  1 ½ Gallons (192 fl. oz.)	1. Day of Service: Clean and sanitize workstation. • Prep Rice: Pull two 4" deep hotel pans. • Divide <b>whole grain brown rice</b> , about 3 lb. each, between two hotel pans. • Add 6 lb. hot (190°F) water to each pan. Stir and cover. • Cook: Bake <b>whole grain brown rice</b> in oven preheated to 350°F until most of water is absorbed, about 35 minutes. • Place in warmer until service time. <i>CCP: Hold above 135°F</i>
<b>High Liner Foodservice Whole Grain Salmon Bites with Sweet Asian Sauce</b>	35 lb. (25 lb. Salmon + 10 lb. Sauce)	2. Prep Salmon: Pull five sheet pans. • Pull three cases <b>salmon bites with sauce</b> from freezer. • Keep frozen until ready to use. • Arrange each 5 lb. bag <b>salmon bites</b> in a single layer on sheet pan. Reserve five 2 lb. bags <b>sweet Asian sauce</b> to be used later. • Return remaining 5 lb. bag <b>salmon bites</b> and one 2 lb. bag <b>sweet Asian sauce</b> to freezer. • Cook: Bake <b>salmon bites</b> at 400°F for 15-16 minutes or until internal temperature reaches 165°F for 15 seconds. • Batch cook through service to keep <b>salmon bites</b> hot and crisp. <i>CCP: Hold above 135°F</i>
Broccoli, Snap Peas & Peppers Blend, frozen	42 lb.	3. Prep Vegetables: Pull seven slotted deep steam table pans. • Pull two cases vegetable blend from freezer. • Arrange two 3 lb. bags vegetable blend in each pan. • Return remaining two bags vegetable blend immediately to the freezer. • Cook: Using a preheated steamer, steam for 3-4 minutes or until vegetable blend reaches 145°F. Place in warmer until service time. <i>CCP: Hold above 135°F</i>

Nutrition Information and Recipe Continued on Reverse



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Ingredients	Measurements	Directions
		<p>4. Prep Sauce: Pull large pot.</p> <ul style="list-style-type: none"> <li>• Pull reserved five 2 lb. bags of <b>sweet Asian sauce</b>. Fill pot with water and bring to a boil. Place unopened pouch in boiling water. Boil for 15-20 minutes.</li> <li>• Heat unopened pouch to an internal temperature of 165°F.</li> <li>• At time of service: Cut corner of one 2 lb. bag of heated <b>sweet Asian sauce</b> and pour over one 5 lb. pan of cooked <b>salmon bites</b>.</li> <li>• Gently combine <b>bites</b> with <b>sauce</b> and place on serving line. Repeat throughout service time.</li> </ul>
		<p>5. Pre-Service: Pull #8 disher, 1 c. server, and a solid spoon.</p> <ul style="list-style-type: none"> <li>• Serve: Using the #8 disher, place ½ c. <b>whole grain brown rice</b> on the tray.</li> <li>• Using the 1 c. server, top with vegetable blend. Using solid spoon, add eight <b>salmon bites with sweet Asian sauce</b>.</li> </ul>



Nutrients per Serving (per 1 bowl)					
Calories	579.7	Trans Fat	0g	Iron	3.1mg
Protein	25.0g	Cholesterol	50.0mg	Calcium	68.3mg
Carbohydrates	83.0g	Vitamin A	2,128 IU	Sodium	499.7mg
Total Fa	15.0g	Vitamin C	40.7mg	Fiber	9.0g
Saturated Fat	1.5g			Sugars	20.0g

### Production Notes

- Each pan of **UNCLE BEN'S® Whole Grain Brown Rice** provides 50 servings.
- Each sheet pan of **High Liner Foodservice Salmon Bites** provides 20 servings.

### Serving Notes

- Each serving is 13 oz. (368.55g).

### Equivalents

- 8 **High Liner Foodservice Salmon Bites with Sweet Asian Sauce** = 2 oz. eq.
- M/MA + 1.5 oz. eq. grains
- 1 oz. **UNCLE BEN'S® Whole Grain Brown Rice** = 1 oz. eq. grain



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