



# THAI CHILI & GARLIC WALNUT WHOLE GRAIN NOODLE SALAD

**HACCP Process** Complex Food Preparation

## YIELD

100 servings

## MEAL COMPONENTS

2 oz eq meat/meat alternate (1 oz eq each from walnuts and chicken), 2 oz eq whole grain-rich grains, ½ cup vegetables (¼ cup red/orange and ¼ cup other vegetable)

## INGREDIENTS

California Walnuts	6 lb + 4 oz
Chicken Strips, Unseasoned, Cooked, Frozen USDA #110462	7 lb + 13 oz
Whole Grain Spaghetti, Cooked, USDA #100427	6 gal + 1 qt
Lemon Juice, Reconstituted	2 qt + ½ cup
Soy Sauce, Lower Sodium	1 qt
Thai Chili & Garlic Sauce	2 cups
Fresh Green Onions	15 lb
Sweet Red Bell Peppers	10 lb + 8 oz
Cilantro, Fresh, RTU	1 lb

**ALLERGENS:** Tree Nuts, Wheat

## DIRECTIONS

(Day Prior to Day of Service)

## PRE-PREP

- Pull cooked chicken from freezer.
- Wash hands thoroughly and put on gloves.
- Place unopened pouches on sheet pan in single layer.
- Date stamp and place in cooler on ready-to-eat shelf.
- Refrigerate overnight to thaw.
- Pull whole grain spaghetti from dry storage..

## COOK

- Cook USDA whole grain spaghetti according to package directions. Drain well. (If necessary, coat lightly with oil or pan spray to prevent noodles from clumping together when chilled.)
- Place in food storage container and date stamp.
- Refrigerate overnight.
- CCP: Hold below 41°F.

## PREP

- Pull RTU cilantro from cooler.
- Wash hands thoroughly and put on gloves.
- Pull leaves from stems and place leaves in food storage container.
- Cover, date stamp and refrigerate overnight.

(continued)

- Pull green onions from cooler, wash thoroughly and allow drying.
- Wash hands thoroughly and put on gloves.
- Chop green onion bulb and ½ of the green.
- Place in food storage container.
- Cover, date stamp and refrigerate overnight.
- Pull fresh red bell peppers from cooler, wash thoroughly and allow drying.
- Wash hands thoroughly and put on gloves.
- Chop bell peppers and place in food storage container.
- Cover, date stamp and refrigerate overnight.
- CCP: Hold below 41°F, and never handle ready-to-eat foods with bare hands.

## PRE-PREP

(Day of Service)

- Clean and sanitize workstation.
- Pull entrée salad containers and lids and place at workstation.
- Pull thawed cooked chicken strips, spaghetti, soy sauce, lemon juice and Thai Chili & Garlic Sauce from cooler and place at workstation.
- Wash hands thoroughly and put on gloves.

## PREP

- Add lemon juice and soy sauce to spaghetti.
- Add Thai Chili & Garlic Sauce. Toss to mix well. Cover and set aside.
- Dice chicken strips. Cover and set aside for assembly.
- CCP: Prepare foods at room temperature in two hours or less.
- CCP: Never handle ready-to-eat foods with bare hands.
- Pull chopped green onions, chopped bell peppers, cilantro from cooler, and place at workstation.
- Pull walnut pieces from freezer and place at workstation.
- Set up assembly line.
- Wash hands thoroughly and put on gloves.
- Using an 8 oz spoodle place 1 cup of sauced spaghetti in the center of the container.
- Using a 2 oz spoodle, add ¼ cup of chopped green onions to top left corner of the container.
- Using a 2 oz spoodle, add ¼ cup of diced red bell pepper to the bottom right corner of the container.
- Using a 2 oz spoodle, place ¼ cup (1 oz) of California walnut pieces in the top right corner of the container.
- Using a 2 oz spoodle, place 1 oz eq (1.25 oz actual weight) of diced chicken in the bottom left corner of the container.
- Sprinkle salad with a 2 oz spoodle of cilantro leaves.
- Cover, date stamp and place in cooler for service.
- CCP: Hold below 41°F.

## SERVE

- Serve one Thai Chili & Garlic Walnut Whole Grain Noodle Salad.
- CCP: Hold below 41°F.



## PRODUCTION NOTES

- California walnuts are best kept frozen, and can be used from a frozen state.
- Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).
- If substituting yellow or green bell pepper, crediting changes to ½ cup other vegetables.

## APPROXIMATE NUTRIENTS PER SERVING

CALORIES	385
PROTEIN	18 g
CARB	39 g
TOTAL FAT	21 g
SATURATED FAT	3 g
TRANS FAT	0 g
CHOLESTEROL	23 mg
VITAMIN A	1735 IU
VITAMIN C	59 mg
IRON	3 mg
CALCIUM	75 mg
SODIUM	625 mg
FIBER	8 g
SUGARS	2 g



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