

Planterian Strip and Honey Ginger Carrots

Recipe and Picture via Austin ISD

Savory Asian Strips and Broccoli (TR2851) - (Savory Asian Strips with Broccoli & Noodles / Sabrosas tiritas asiáticas con

Marketing Description Asian glazed, plant-based Planetarian Savory Strips mixed with broccoli served over ramen noodles. Planetarian Savory Strips are a sustainable meat alternative made from spent yeast, a byproduct from the brewing process, and spent soybeans.

Vegan

Scaled for 25 (1 serving) servings

Allergens Contains Gluten, Pineapple, Sesame, Soy, Wheat;

Meal Contribution 2 Meat/MA, 2 WGR

Yield 13 Pound, 5.908Ounce

Step #	Stock Item# / Recipe Code	Stock Item / Recipe Name	Stock Quantity	Directions
1	TR2845	Ramen Noodles	25 Cup	Prepare sub recipe, TR2845, Ramen Noodles.
2	VEGETARIAN STRIPS 01	Vegetarian Strips, Plant Based, 4 - 4 lb bags/case, appx 64 - 4oz serv/case (MS/HS ONLY) , As Purchased	3 Pound, 14 1/2 Ounce	<ol style="list-style-type: none"> 1. Defrost the Planetarian strips and Asian sauce overnight in the cooler 2. Chop the strip in half / bite size pieces and toss with the first amount of Asian Sauce 3. Use a sheet pan with a liner, and spread the strips on it to bake 4. Cook at 375 degrees for 7-10 minutes or until the sauce is glazed on the strips 5. Cut broccoli in bite size pieces steam for about 3-5 minutes or until broccoli is bright green and fork-tender 6. Combine the glazed strips, the steamed broccoli and the second amount of sauce in a large pan and steam for 8 minutes or until you reach 145 degrees. <p>Serving = 2 #8 scoops of noodles, and 1 #6 scoop of strips and broccoli</p>
3	SAUCE 02	Asian Sauce, 6 - 5 lb bag/cs, , As Purchased	1 1/4 Cup	
4	PRODUCE 014	Broccoli. Floret, 6 - 3 lb bag/case USA (00321) , As Purchased	1 Pound, 9 Ounce	
5	SAUCE 02	Asian Sauce, 6 - 5 lb bag/cs, , As Purchased	6 1/4 Cup	

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Honey Ginger Carrots (TR2002) - (Honey Ginger Carrots / Zanahorias con miel y jengibre)

Marketing Description Tender roasted carrots with hints of ginger and honey.

Vegetarian

Scaled for 25 (1/2 Cup) servings

Meal Contribution 1/2 Veg-RO

Yield 4 Pound, 9.974Ounce

Tips/Comments

- Carrots can be cut a day or more before service and held in water until needed.

Step #	Stock Item# / Recipe Code	Stock Item / Recipe Name	Stock Quantity	Directions
1	PRODUCE 025	Carrot, petite, 4 - 5 lb bag/case (03934) , As Purchased	4 Pound, 2 2/3 Ounce	Pre-heat oven to 400 degrees. 1. Cut baby carrots in half on the diagonal and put in a bowl.
2	HONEY 02	Honey, 6 lb container , As Purchased	3/8 Cup, 3/4 teaspoon	2. Combine the carrots with the honey, salt, ginger, minced raw garlic and oil, and toss until well mixed.
3	PRODUCE 035	Garlic, Peeled, 5 lb jar (11153) , As Purchased	2.083 teaspoon	
4	SPICE 26	Salt, Iodized, 4 lb Box , As Purchased	1.042 teaspoon	3. Put the carrots on a sheet pan that has a liner on it, and put into a 400 degree oven.
5	SPICE 38	Ginger, Ground, 6 - 1 lb/case , As Purchased	1 tablespoon, 1.167 teaspoon	4. Cook for 10 minutes and then re-toss carrots on the pan, and rotate.
6	COOKING OIL 04	Oil, Canola, 3 - 1 gallons/case , As Purchased	1/4 Cup, 1/2 teaspoon	5. Check carrots after another 5 minutes, they should be fork tender, and slightly browned. Continue to check every few minutes if they are not done after these 2 checks. Serving Size Options: 1/4 cup = #16 scoop (Pre-K Set Plate Lunch) 1/2 cup = #8 Scoop

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