

CURRY FRIED RICE

Featuring **MINH**[®] WG Vegetable Fried Rice



56 servings

1 cup per serving



INGREDIENTS	WEIGHT*	MEASURE
69074 MINH[®] WG Vegetable Fried Rice, Frozen	20 lbs. 10 oz.	4 (5.16 lb.) bags
Curry Powder, green or red paste	2 oz.	3/8 cup

DIRECTIONS

1. Preheat convection oven to 350°F. High fan.
2. Place 1 bag of **MINH[®] WG Vegetable Fried Rice** and 1/2 oz. of curry powder into each 4" full size steam table pans sprayed with cooking oil.
3. Mix ingredients together and cover pans with foil.
4. Bake 40-45 minutes or until internal temperature reaches 165°F. Stirring halfway through bake time.

CN CREDITING

M/MA	2 oz.
Grain	1/2 oz.
Vegetable (Red/orange)	1/18 cup
Vegetable (Other)	1/4 cup

KEY NUTRITIONALS

Calories	270
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	440 mg

* Conversions from volume to weight quantities for the vegetables are based on FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS and may vary depending on specific form of vegetables used.

HAWAIIAN BREAKFAST FRIED RICE

Featuring **MINH®** WG Vegetable Fried Rice



56 servings

1 cup per serving



INGREDIENTS	WEIGHT*	MEASURE
69074 MINH® WG VEGETABLE FRIED RICE, frozen	20 lb. 10 oz.	4 (5.16 lb.) bags
Turkey ham, diced	1 lb. 4oz.	3 Qts + 1/2 pint
Pineapple, chunks, drained	3 lbs. 11 oz.	3 Qts + 1 pint
Soy sauce, low sodium	1 lb.	2 cups
Cheddar cheese, shredded	1 lb. 12 oz.	1 Qt.+ 1 pint
Peas, frozen	2 lbs. 3 oz.	1 Qt.+ 1 1/2 pint
Eggs, soft scrambled	4 lbs.	2 Qt.

DIRECTIONS

1. Preheat convection oven to 350°F. High fan.
2. Mix **MINH® WG Vegetable Fried Rice** and remaining together. Divide mixture between four 4" full size steam table pans sprayed with cooking oil.
3. Cover pans with aluminum foil.
4. Bake 40-45 minutes or until internal temperature reaches 165°F. Stirring halfway through bake time.

CN CREDITING

M/MA	2 oz.
Grain	1/2 oz.
Vegetable (Red/orange)	1/21/8 cup
Vegetable (Other)	1/3/8 cup

KEY NUTRITIONALS

Calories	420
Total Fat	10 g
Saturated Fat	3 g
Sodium	970 mg

* Conversions from volume to weight quantities for the vegetables are based on FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS and may vary depending on specific form of vegetables used.

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SPANISH RICE WITH BEANS

Featuring **MINH**[®] WG Vegetable Fried Rice



56 servings

1 cup per serving



INGREDIENTS

WEIGHT*

MEASURE

**69074 MINH[®]WG
Vegetable Fried
Rice, frozen**

20 lb. 10 oz.

4 (5.16 lb.) bags

Salsa, chunky

7 lbs. 8 oz.

3 qts. +1/2 pt.

Taco seasoning, low
sodium

4 1/4 oz.

1 1/4 cups

Black beans, canned,
drained, rinsed

5 lbs.

3 qts. +1/2 pt.

DIRECTIONS

1. Preheat convection oven to 350°F. High fan.
2. Mix **MINH[®] WG Vegetable Fried Rice** and remaining ingredients together. Divide mixture between four 4" full size steam table pan sprayed with cooking oil.
3. Cover pans with aluminum foil.
4. Bake 40-45 minutes or until internal temperature reaches 165°F. Stirring halfway through bake time.

CN CREDITING

M/MA 2 oz.

Grain 1/2 oz.

Vegetable
(Red/orange) 1/4/8 cup

Vegetable
(Other) 1/4 cup

KEY NUTRITIONALS

Calories 400

Total Fat 3.5 g

Saturated Fat 0.6 g

Sodium 690 mg

* Conversions from volume to weight quantities for the vegetables are based on **FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS** and may vary depending on specific form of vegetables used.