



ORANGE CHICKEN

69143 – MINH® LESS SODIUM ORANGE SAUCE

INGREDIENTS	AMOUNT
MINH® Less Sodium Orange Sauce	1 bag
Chicken Nuggets	1 bag
Canola Oil	1 oz
Red Pepper Flakes	1 tbsp

PROCEDURES/PREPARATION

- 1. Thaw** MINH® Less Sodium Orange Sauce according to package instructions.
- 2. Deep fry** chicken nuggets until crisp and golden brown, according to package instructions. (Internal temps should reach 165°F)
- 3. Heat** canola oil in a 12-14" wok or large skillet over high heat for 1-2 minutes. Add the red pepper flakes and cook for 30 sec. to 1 minute.
- 4. Mix** in the MINH® Less Sodium Orange Sauce and deep fried chicken nuggets. Mix until the sauce is evenly coated.
- 5. Heat** for 3-5 minutes.





TERIYAKI CHICKEN

69144 – MINH® LESS SODIUM TERIYAKI SAUCE

INGREDIENTS	AMOUNT
MINH® Less Sodium Teriyaki Sauce	1 bag
Chicken Nuggets	1 bag
Canola Oil	1 oz
Red Pepper Flakes	1 tbsp

PROCEDURES/PREPARATION

1. **Thaw** MINH® Less Sodium Teriyaki Sauce according to package instructions.
2. **Deep fry** chicken nuggets until crisp and golden brown, according to package instructions. (Internal temps should reach 165°F)
3. **Heat** canola oil in a 12-14" wok or large skillet over high heat for 1-2 minutes. Add the red pepper flakes and cook for 30 sec. to 1 minute.
4. **Mix** in the MINH® Less Sodium Teriyaki Sauce and deep fried chicken nuggets. Mix until the sauce is evenly coated.
5. **Heat** for 3-5 minutes.



SWEET & SOUR CHICKEN

69142 – MINH® LESS SODIUM SWEET & SOUR SAUCE

INGREDIENTS	AMOUNT
MINH® Less Sodium Sweet & Sour Sauce	1 bag
Chicken Nuggets	1 bag
Canola Oil	1 oz
Red and Green Peppers	2 cups
Pineapple Chunks, Drained	1 can
Soy Sauce	1 oz
Minced Garlic	2 tbsp

PROCEDURES/PREPARATION

1. **Thaw** MINH® Less Sodium Sweet & Sour Sauce according to package instructions.
2. **Deep fry** chicken nuggets until crisp and golden brown, according to package instructions. (Internal temps should reach 165°F)
3. **Heat** oil in a 12–14” wok or large skillet over high heat for 1-2 minutes.
4. **Add** minced garlic and sauté for 30 seconds.
5. **Blend** in diced peppers and onions, continue to cook for 2-3 minutes.
6. **Stir** in pineapple and MINH® Less Sodium Sweet & Sour Sauce, reduce to medium low heat to simmer, stir occasionally for 3-5 minutes.
7. **Mix** with deep fried chicken and serve.



MONGOLIAN-STYLE BEEF

69144 – MINH® LESS SODIUM TERIYAKI SAUCE

INGREDIENTS	AMOUNT
MINH® Less Sodium Teriyaki Sauce	1 bag
Minced Garlic	½ oz
Canola Oil	2 oz
Grilled Beef Strips	2 lbs
Red Pepper Flakes	1 tbsp
Soy Sauce	4 oz

PROCEDURES/PREPARATION

1. **Thaw** MINH® Less Sodium Teriyaki Sauce according to package instructions.
2. **Heat** oil in a 12–14” wok or large skillet over high heat for 1-2 minutes.
3. **Add** garlic and beef and sauté, 1-2 minutes. (Internal temps should reach 165°F)
4. **Add** red pepper flakes and MINH® Less Sodium Teriyaki Sauce then simmer for 3-5 minutes.
5. **Garnish** with green onions and serve.



CHICKEN FRIED RICE

69144 – MINH® FRIED RICE

69039 – MINH® 3.0 OZ VEGETABLE EGG ROLL

INGREDIENTS

AMOUNT

MINH® Fried Rice	1 bag
Canola Oil	¼ cup
Mushrooms	4 oz
Eggs	4
Chicken, Pre-Cooked	1 lb
Bean Sprouts	4 oz
MINH® 3 oz Vegetable Egg Roll	8

PROCEDURES/PREPARATION

1. **Heat** oil in a large wok or fry pan until it simmers.
2. **Add** mushrooms and cook until tender.
3. **Add** eggs and scramble with mushrooms; cook until eggs are soft scrambled.
4. **Stir** in chicken, fried rice and bean sprouts; cook until thoroughly heated. (Internal temps should reach 165°F)
5. **Serve** with MINH® Vegetable Egg Roll.



SHRIMP FRIED RICE

59372 – MINH® FRIED RICE

INGREDIENTS	AMOUNT
MINH® Fried Rice	1 bag
Canola Oil	¼ cup
Eggs	4
Shrimp	1 cup
Green Onion	Garnish

PROCEDURES/PREPARATION

1. **Thaw** MINH® Fried Rice according to package instructions
2. **Thaw**, drain and rinse shrimp. Allow to drain again after rinsing.
3. **Heat** oil in a 12-14" wok or large skillet over high heat for 1-2 minutes.
4. **Add** eggs, cook eggs until soft scrambled.
5. **Stir** in shrimp and MINH® Fried Rice. Cook until thoroughly heated, stirring frequently, 8-10 minutes or until internal temperature reaches 170°F.
6. **Garnish** with green onions and serve.





THAI-STYLE PINEAPPLE FRIED RICE

59372 – MINH® FRIED RICE

INGREDIENTS

AMOUNT

MINH® Fried Rice	1 bag
Canola Oil	½ cup
Onion	2 Cups
Garlic	½ cup
Ginger	½ cup
Yellow Curry Powder	¼ cup
Pineapple, Canned, Drained	2 cups
Soy Sauce	½ cup
Cilantro	1 cup

PROCEDURES/PREPARATION

1. **Thaw** MINH® Fried Rice overnight in refrigerator.
2. **Sauté** in a 14" non-stick pan, onions, garlic, and ginger in cooking oil on medium high heat for 2 minutes.
3. **Add** MINH® Fried Rice and yellow curry powder and cook for an additional 6 minutes, mix well.
4. **Stir** in pineapple and soy sauce, mix well.
5. **Toss** in cilantro and green onion prior to service.





TWICE STUFFED EGG ROLLS

69039 – MINH® VEGETABLE EGG ROLL

69142 – MINH® LESS SODIUM SWEET & SOUR SAUCE

69143 – MINH® LESS SODIUM ORANGE SAUCE



INGREDIENTS

AMOUNT

MINH® Vegetable Egg Roll

1pc

MINH® Dipping Sauces

1 tbsp

Your Favorite Fillings

¼ cup

PROCEDURES/PREPARATION

- 1. Preheat** fryer to 350°F.
- 2. Fry** egg rolls according to package instructions. Once cool enough to handle, split egg rolls horizontally like a hot dog bun, making sure not to cut all the way through the egg roll. (Internal temps should reach 165°F)
- 3. Spoon** in prepared filling, top with shredded cheese and bake at 350°F until cheese is melted. (about 2-3 minutes)
- 4. Serve** with your favorite MINH® Less Sodium Sauce.



EGG ROLL CHICKEN CAESAR

69039– MINH® VEGETABLE EGG ROLL



INGREDIENTS

AMOUNT

MINH® Vegetable Egg Roll	1pc
Lemonade Marinated Kale	2 cups
Red Onion	¼ cup
Caesar Dressing	2 tbsp
Parmesan	¼ cup
Capers	1 tsp
Parsley	1 tsp

PROCEDURES/PREPARATION

- 1. Fry** the egg roll per manufacturer instructions, then slice it into six even slices. (Internal temps should reach 165°F)
- 2. In a small bowl**, toss the marinated kale and red onion in the Caesar dressing, then plate into a medium salad bowl.
- 3. Top** the dressed kale with the egg roll slices, shaved Parmesan, capers and chopped parsley.



TERIYAKI VEGETABLE STIR FRY

69144– MINH® LESS SODIUM TERIYAKI SAUCE

INGREDIENTS

AMOUNT

MINH® Less Sodium Teriyaki Sauce	2 ½ cups
Canola Oil	2 tbsp
Garlic	2 tbsp
Ginger	2 tsp
Preferred Vegetables	2 cups
Soy Sauce	½ cup
Sesame Seeds	Garnish

PROCEDURES/PREPARATION

- 1. Thaw** MINH® Less Sodium Teriyaki Sauce according to package instructions.
- 2. Heat** oil in a 12–14” wok or large skillet over high heat for 1-2 minutes.
- 3. Add** garlic and ginger, then sauté for 30 seconds.
- 4. Stir** in vegetables and sauté 3-4 minutes.
- 5. Add** MINH® Less Sodium Teriyaki Sauce and soy sauce, then simmer for an additional 4-6 minutes.
- 6. Garnish** with toasted sesame seeds and serve.



NOODLE SALAD WITH SPRING ROLLS

69200– MINH® .88 OZ SPRING ROLL



INGREDIENTS

MINH® .88 oz Spring Roll

Red Bell Pepper

Cucumber

Carrots

Bean Sprouts

Rice Noodles

Lettuce

Mint Leaves

Lime

Nuoc Cham

AMOUNT

3pc

1 cup

1 tbsp

½ cup

½ cup

1 pk

2 tsp

1 tsp

1 tbsp

PROCEDURES/PREPARATION

1. **Preheat** fryer to 350°F.
2. **Bring** 6 cups of water to boil.
3. **Cut** vegetables and set aside.
4. **Once** the water is boiling, pour it over rice noodles in a large bowl.
5. **Cover** bowl and let steep for five minutes, or until the noodles are tender. Drain thoroughly.
6. **Fry** the spring rolls according to package instructions. Remove and place on paper towels to drain and cool 2 minutes.
7. **Place** lettuce into bowl, top with noodles, garnish with vegetables and then top with Nuoc Cham and lime segments.
8. **Once cool** enough to handle, cut each spring roll into 3 pieces.
9. **Arrange** 9 spring roll pieces around the noodles on the salad bowl. (Internal temps should reach 165°F)
10. **Pour** Nuoc Cham over entire salad, top with fresh basil and mint, and serve.