

1.12FZ Coconut Roasted Chicken, Basmati Rice, Sauteed Kale with Tomatoes

Total Yield: 1 each

Shelf Life: _____

Allergens: tree nuts

Components

	PREPARATIONS	USAGE
Chicken, Coconut Roasted (subrecipe)		1 each
Kale, Sauteed with Tomatoes (subrecipe)		~10 5/8 tbsp
Rice, Basmati (subrecipe)		1 cup

Chicken, Coconut Roasted

Total Yield: 1 each

Shelf Life: _____

Allergens: tree nuts

Components

	PREPARATIONS	USAGE
Marinade, Coconut Roasted Chicken (subrecipe)		1 oz
Chicken, Thigh Boneless Skinless Raw Halal		6 oz

Marinade, Coconut Roasted Chicken

Total Yield: 1 oz

Shelf Life: _____

Allergens: tree nuts

Components

	PREPARATIONS	USAGE
Garlic, Whole Clove Peeled Fresh	Mince	2.362 g
Juice, Lemon Not From Concentrate Fresh		1/2 tsp
Milk, Coconut Canned		~2/3 oz
Pepper, Jalapeno	Mince	1.417 g
Salt, Coarse Kosher		0.236 g
Herb, Cilantro Fresh	picked through; Mince	2.362 g

Kale, Sauteed with Tomatoes

Total Yield: ~2/3 cup

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Onion, Yellow Whole Fresh	Julienne	~1 oz
Tomato, Diced Canned		~1 3/8 oz
Salt, Coarse Kosher		0.338 g
Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import		2.026 g
Kale, Chopped IQF		~1 7/8 oz

Rice, Basmati

Total Yield: 1 cup

Shelf Life: _____

Allergens: _____

Components

PREPARATIONS

USAGE

Rice, Basmati

~2 1/4 oz

Water, Tap

~1 5/8 floz