

# Teriyaki Chicken Donburi Rice Bowl

## Supply Chain



### Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Used 10 portions
Bidfood	86034	Teriyaki Sauce	Millilitres	550
Bidfood	45072	Jasmine Rice	Grams	600
Bidfood	70304	Sesame Seeds	Grams	5
Bidfood	41167	Lime Juice	Millilitres	75
Bidfood	71438	Chicken Thighs, Skinless	Grams	1500

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Most products are available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework.

# Teriyaki Chicken Donburi Rice Bowl

## Supply Chain

### Method:

- Mix the Lime Juice with the Teriyaki Sauce.
- Using 120gm of the sauce marinate the chicken then chill for at least 2 hours or preferably overnight.
- Reserve the remainder of the sauce as you will need it later.
- Toast the sesame seeds in a dry non stick pan until golden brown and set aside.
- Wash the rice to remove any starch, drain and then cook until tender as per manufactures instructions. Once drained keep hot.
- Preheat the oven to 200°C and roast the marinated chicken for 10 minutes. Baste the chicken in its own juices and return to the oven.
- Once the chicken has reached a core temperature of at least 75°C remove from the oven then slice each piece into 3 pieces.
- Gently warm through the rest of the teriyaki sauce.
- **To Serve;**
- Place the rice in the bowl and add the chicken pieces. Drizzle the Teriyaki Sauce over the chicken and sprinkle with the toasted Sesame Seeds.
- Garnish with Edamame Beans, Shredded Cabbage, Carrot, Courgette and Pickled Cucumber / Radish to finish.

### Nutrition per portion (606g):

	Calories	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fiber	Salt
Total	556 kcal	74g	22g	9g	2g	43g	6g	1.1g

**Allergens:** Gluten, Sesame Seeds, Soybean, Sulphites

May Contain: Peanuts, Tree Nuts

**Quality statement:** The details in this document are accurate at the time of production on 22 April 2022. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain: Food framework, and so may differ if you use alternative products to those in this recipe. **Please do check the labelling on products to confirm details, for example, allergens.**

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.