



**T & A M F O U R**  
F O O D S E R V I C E



### **Sweet Thai boneless wing rice bowl**

*Ingredients:*

- 50 pieces Tyson® Whole Muscle Boneless Chicken Wings
- 1/2 cup Brown Gravy, low sodium & low fat
- 1/2 cup Sweet Chili Sauce, low sodium
- 7 cups Brown Rice, cooked
- 1 cup Onions, diced
- 1 cup Carrots, diced
- 1 cup Celery, diced

*Directions:*

1. In large mixing bowl, thoroughly combine Brown Gravy and Sweet Chili Sauce, then add frozen boneless wings and toss until completely coated
2. Arrange the frozen sauced boneless wings in a single layer on parchment lined sheet pan and cook at 350°F for 10-13 minutes - to an internal temperature of 165°F.
3. Hold the heated boneless wings in a hot box at 145°F until ready to build bowls
4. Prepare instant brown rice according to manufacturers' directions and hot in hotbox until ready to build bowls
5. Mix diced Onions, Carrots and Celery together, then spread out on a parchment lined sheet pan, lightly spray with cooking spray and roast at 400°F for 15-20 min
6. Thoroughly mix brown rice and roasted vegetable together and hold in hot box until ready to serve

**To Build Rice Bowl:**

1. With an #4 scoop (1 cup), place vegetable-brown rice in serving container.
2. Top rice bowl with 5 sauced boneless wings and serve

Recipe and photo courtesy of Tyson