



### Green for Go Local

Ingredients in **green** =  
locally grown or produced



**Garlic**



**Onion**



**Carrot**



**Sweet Pepper**



**Broccoli**



**Chicken**

Celebrate the seasons  
with the fun shapes and  
colours of the harvest.

See [our menu](#) for more  
side ideas!

# Chicken & Veggie Noodle Stir Fry

By Jenny & Rosie with Chris Wong & Indira Persaud

Yield: 50 × 8 oz (250 mL) servings

## Ingredients

### For Noodles:

2 Tbsp (30 mL) Salt  
3 lb (1.36 kg) Whole wheat spaghetti, soba, chow mein or brown rice noodles

### For Sauce:

1 ¼ Cups (310 mL) Low-sodium soy sauce  
½ Cup (125 mL) **Honey** or brown sugar  
½ Cup (125 mL) Sesame oil  
½ Cup (125 mL) Oil  
2 Tbsp (30 mL) **Apple cider vinegar** or white vinegar  
6 Tbsp (90 mL) Hoisin sauce  
6 Tbsp (90 mL) Sweet chili sauce  
¼ Cup (60 mL) Ginger, grated (optional)  
8 cloves **Garlic**, minced

### For Vegetables & Chicken:

3 bunches **Broccoli**, cut into florets (including the peeled, chopped stems)  
4 (1 lb or 454 g) **Sweet pepper** (any colour), cut into thin strips  
3 lb (1.36 kg) **Carrots**, grated  
5 lb (2.27 kg) Boneless **chicken** breasts or thighs, cut into strips  
3 Tbsp (45 mL) Oil

## Directions

*Note:* Put your pasta pot of water on to boil while making sauce. Wash all produce well.

1. Preheat the oven to 350°F (175°C).
2. Combine the soy sauce, brown sugar, sesame oil, ½ Cup (125 mL) oil, ginger and garlic in a small pot and bring to a simmer while cooking noodles.
3. Cook the noodles in boiling water until tender, checking regularly. When the noodles are ready, drain well and return to the warm cooking pot off the heat. Add the sauce, and toss to coat.
4. In a large pan over high heat, stir-fry the broccoli in batches until bright green and crisp-tender, adding oil as necessary.
5. Prepare the peppers and carrots, then divide all the veggies between the two hotel pans. Carrots can be grated very quickly with a grater attachment in the food processor.
6. Cook the chicken in 3 Tbsp (45 mL) oil in a large pan over medium-high heat until cooked through. Divide between the pans. Add the noodles to the vegetables and chicken and toss to combine thoroughly.
7. Cover with lids or foil and hold food at a minimum internal temperature of 140°F (60°C), checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).



## Create Your Plate!

### Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking. If you think that mixing in the broccoli, peppers and carrots may not appeal to some of your eaters, offer them on the side instead. Serve with a fortune cookie.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ **Cucumber**
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Any type of sprouts**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Corn**
- ★ **Beans**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ **Fried tofu**
- ★ **Fruit**

## Tips & Tricks

### Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

### Conversion Measures

- 1 lb (454 g) of carrots (5 medium) = 3 ½ Cups (875 mL) grated
- 1 lb (454 g) of broccoli (2 medium heads) = 3 Cups (750 mL) chopped
- 1 lb (454 g) of peppers (5 medium) = 2 ½ Cups (625 mL) sliced
- Spaghetti: 2 oz (56 g) dry weight = 1 Cup (250 mL) cooked spaghetti

### Leftovers

Leftovers should be cooled quickly and can be served as a cold salad the next day.

### Veg It Up!

Add cabbage, peas, bean sprouts, green beans, sliced radishes, mushrooms or corn for extra colour, fiber and flavour.

### Swap In

Swap in an equal amount of diced pork or tofu for the chicken. You may need to add a little more oil when cooking.



### Allergy Alert

If you have a sesame-free facility, substitute cooking oil for sesame oil.

## Equipment

- Two large pots (20 qt & 12 qt)
- Two 4" deep full-size hotel pans
- Food processor

## Note from the Authors

"It's nice to take a trip around the world and include imported fruit when there is less variety of local fruit in winter months."

- Jenny & Rosie