

18 Asian Chicken



Onions, cut in rings	3	450 g
Carrots, cut in sticks	3	230 g
Celery stalks, cut in diagonal slices	2	125 g
Soy sauce, light	80 ml	1/3 cup 80 g
Chicken broth	500 ml	2 cups 500 g
Whole wheat flour	45 ml	3 tablespoons 25 g
Snow peas	500 ml	2 cups 135 g
Green pepper, cut in strips	1	165 g
Red pepper, cut in strips	1	120 g
Ginger, powdered	15 ml	1 tablespoon 5 g
Salt and pepper	To taste	
Chicken breast grills, low sodium, fully cooked (606-0229)	2 lbs.	900 g
Bean sprouts or Chinese cabbage, cooked	1.25 L	5 cups 370 g

- : 10
- : 15 minutes
- : 15 minutes
- : yes

Nutrition Facts	
For 1 portion (275 g)	
Amount	% Daily Value
Calories 180	
Fat 3 g	5%
Saturated 0.5 g	
+ trans 0 g	3%
Polyunsaturated 0.5 g	
Omega-6 0.5 g	
Omega-3 0.1 g	
Monounsaturated 1 g	
Cholesterol 115 mg	38%
Sodium 610 mg	26%
Potassium 660 mg	19%
Carbohydrates 12 g	4%
Fibre 2 g	8%
Sugar 4 g	
Protein 25 g	
Vitamin A 506 RE	50%
Vitamin C 55 mg	90%
Calcium 77 mg	8%
Iron 3.1 mg	20%
Phosphorus 72.2 mg	6%

- 1 Place all ingredients in a large kettle, except for chicken and Chinese cabbage or bean sprouts.
- 2 Simmer for 15 minutes.
- 3 Reheat chicken.
- 4 Place bean sprouts or Chinese cabbage in each plate.
- 5 Add cooked vegetables in plates and place the chicken over vegetables.

Chef's Remarks

This sauce and this selection of vegetables are excellent with any cut of chicken or pork replacement product : pork strips (97281).

Canada's Food Guide Portions

2 1/2 servings of vegetables and fruit + 1 1/4 servings of meat and alternatives.

Olymel Product Allergens

*Contains : none

Food Exchange System

3 servings of vegetables + 2 1/2 servings of meat and alternatives.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)