



Gunny Chicken

SATAY CURRY

This recipe was developed in partnership with



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SATAY
CURRY

MEAL PATTERN CONTRIBUTION

- 2 ½ oz. M/MA
- 2 oz. grain serving

YIELD

- 25 Servings

PORTION

- 1 chicken filet
- 2 oz. sauce
- 1 cup cooked whole grain penne pasta

INGREDIENTS

- Yoplait® plain yogurt (3.125 lbs.) (6.25 cups)
- Sun butter (1.12 lbs.) (2 cups)
- Soy sauce, reduced sodium (2.24 oz.) (¼ cup)
- Garlic, granulated (0.33 oz.) (1 Tbsp.)
- Cayenne pepper (0.093 oz.) (1 tsp.)
- Curry powder (1 Tbsp.)
- Sugar, white (1.1 lbs.) (¾ cup)
- Chicken breast filets, thawed (3.4375 lbs.) (25 breasts)
- Cilantro, chopped (2 oz.) (1 cup)
- Red pepper, diced (1 cup)
- Penne, whole grain, cooked (25 cups)

PREPARATION

1. Blend the yogurt, sun butter and soy sauce together until creamy. Add all the spices, including sugar to blended yogurt base.
2. In a full-size pan, shingle chicken filets. Pour mixed sauce over the chicken filets, making sure to coat. Marinate for 24 hours. Cover and keep cooled below 41 °F until ready to cook. (CCP)
3. When ready to cook, you can keep in the full-size pan chicken is marinated in or you can transfer to a sheet pan.
4. Cook at 300 °F, heat until the internal temperature of the chicken reaches 165 °F. Hold at 135 °F or higher. (CCP)
5. Just before serving sprinkle fresh chopped cilantro, red pepper over cooked chicken filets.
6. Serve 1 chicken filet and 2 oz. sauce over 1 cup cooked whole grain penne pasta.

Nutrients Per Serving

Calories: 434 kcal Carbs: 47 g Sat Fat: 2 g Vitamin A: 245 IU Iron: 3.2 mg Sodium: 420 mg
Protein: 29.5 g Total Fat: 15 g Cholesterol: 47 mg Vitamin C: 8 mg Calcium: 165 mg Dietary Fibers: 7 g