

# ≡ BONELESS WING STIR-FRY ≡

*Pierce Chicken® Skinny Dip'n Chik'n™ Naked Boneless Wings stir-fried with fresh garlic, edamame, carrot chips, bok choy and water chestnuts tossed in a light sesame dressing and served over jasmine rice.*

“Asian cuisine: 84% of consumers say they would order dishes made with Chinese flavors and ingredients, 53% would order Thai, and 50% would try Japanese dishes.”

*Technomic, Market Intelligence Report: Asian, 2014.*



## NUTRITION FACTS

APPROXIMATE VALUES

Yield: 24 servings

Serving Size: 455g Amount Per Serving		% Daily Value*
<b>Calories:</b>	870	
<b>Total Fat:</b>	61g	94%
<b>Cholesterol:</b>	70mg	23%
<b>Sodium:</b>	1270mg	53%
<b>Total Carbs:</b>	52g	17%
Dietary Fiber:	5g	20%
Sugars:	11g	
<b>Protein:</b>	31g	

\*Percent Daily Values are based on a 2,000 calorie diet.

Allergens: soy, wheat

## INGREDIENTS

Pierce Chicken® Skinny Dip'n Chik'n™ Naked Boneless Wings (Code #40052)	7½ pounds (120 pieces) (Approx. 1½ bags)
Vegetable oil	3 cups
Baby bok choy, quartered lengthwise	24 whole heads
Carrot chips, fresh, pre-cut	3 pounds
Edamame, frozen, shelled, thawed	1 pound, 4 ounces
Water chestnuts, sliced, drained	3 cups
Garlic, peeled, minced	¾ cup
Sesame dressing (recipe provided)	1½ quarts
Jasmine rice, cooked	4 pounds, 8 ounces (24 cups)

## METHOD

### To make one serving:

1. Stir-fry 5 pieces Skinny Dip'n Chik'n™ Naked Boneless Wings in 2 tablespoons oil in a large wok or skillet for 5 to 8 minutes or until a thermometer inserted into the chicken reads 165°F.
2. Add 4 pieces bok choy, ½ cup carrot chips, ¼ cup edamame, 2 tablespoons water chestnuts and 1½ teaspoons garlic. Stir-fry for 5 minutes or until vegetables are tender.
3. Add ¼ cup sesame dressing; cook for 1 minute or until sauce is heated through.
4. Place 1 cup jasmine rice on a serving plate; top with chicken stir-fry.

## SESAME DRESSING

Rice wine vinegar	1½ cups	Soy sauce	¾ cup
Sesame oil	¾ cup	White sesame seeds	6 tablespoons
Honey	¾ cup	Vegetable oil	3 cups
Spicy brown mustard	¾ cup		

### Makes 3 quarts:

1. Combine the vinegar, sesame oil, honey, mustard, soy sauce and sesame seeds in a large bowl.
2. Drizzle with vegetable oil, whisking until emulsified.