

Asian Tofu Lentil Noodle Bowl

Recipe group Entree, Asian	Additional name PF Round 2	Diet factors VG	Portions 12	Portion size 15.22 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	For Asian Tofu Lentil Meatballs - On a flat top grill heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Remove from heat and reserve.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, Yellow, small dice	
	4 tsp	0 lb 0.71 oz	12%	0 lb 0.80 oz	Garlic, cloves, peeled, minced	



Sautéing Onions and Garlic

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	
2	3 1/2 cup	1 lb 1.50 oz	2%	1 lb 1.80 oz	Tofu, Extra Firm, drained, pressed, cubed	In a food processor process to a puree tofu and half of listed lentils (do this in batches as needed). Place puree into a large mixing bowl. Add remaining lentils, onion mixture and remaining ingredients from step 2. Mix well.	
	5 cup	2 lb 1.85 oz	0%	2 lb 1.85 oz	Beans, Lentils, cooked		
	1 1/2 cup	0 lb 4.50 oz	0%	0 lb 4.50 oz	Oats, Rolled, dry		
	<i>Ground into flour</i>						
	1/2 cup	0 lb 1.40 oz	0%	0 lb 1.40 oz	Crumbs, Panko Bread		
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher		
	4 tbsp	0 lb 2.35 oz	0%	0 lb 2.35 oz	Soy Sauce, regular		



Tofu and Lentils in Food Processor



Mixture Pureed



Mixing Meatball Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 4.90 oz	0%	0 lb 4.90 oz	Sauce, Hoisin	Preheat oven to 350°F. Portion mixture into 1.5 ounce balls. Place on a parchment lined sheet pan spacing an 1/2 inch between each ball (use multiple sheet pans as needed). Bake in oven for 15 minutes and then rotate pan. Bake again for another 15 minutes or until balls are golden brown. Remove from oven and using a pastry brush, glaze each ball with Hoisin sauce. Hold hot for service.



*Mixed Meatballs
Portioned on Sheet pan*



*Baked Meatballs glazed
with Hoisin Sauce*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 cup	1 lb 0.50 oz	37%	1 lb 10.27 oz	Broccoli, fresh, florets	For Broccoli - Preheat oven to 450°F. In a large mixing bowl, toss broccoli and oil together. Place on a parchment lined sheet pan and roast in oven for 10-15 minutes or until tender and slightly charred. Hold hot for service.
	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	



Roasted Broccoli

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	2/3 cup	0 lb 6.20 oz	0%	0 lb 6.20 oz	Soy Sauce, regular	For Sauce - In a mixing bowl combine all ingredients in step 5 and whisk well until sugar is fully dissolved. Hold for service.
	2/3 cup	0 lb 5.28 oz	0%	0 lb 5.28 oz	Water	
	1/2 cup	0 lb 4.15 oz	58%	0 lb 9.79 oz	Limes, juice	
	1/4 cup	0 lb 1.77 oz	0%	0 lb 1.78 oz	Sugar, White, granulated	
	2 1/2 tsp	0 lb 0.44 oz	12%	0 lb 0.50 oz	Garlic, cloves, peeled, minced	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Red Pepper Flakes	



Sauce for Noodles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	6 tbsp	0 lb 0.78 oz	54%	0 lb 1.68 oz	Cilantro, fresh, chopped	To plate - In a mixing bowl, combine cilantro, mint, and kimchi together. In a 1/2 hotel pan or large mixing bowl, toss noodles in sauce to coat and hold for service. Remove 4 ounces of noodles, allowing them to drain slightly and place in bottom of serving bowl. Add three meatballs to top side of bowl. Place 1 ounce of kimchi mixture in center of bowl. On bottom side of bowl add 1 ounce of roasted broccoli. Add 1 ounce of sliced red bell pepper to right side of bowl. Garnish meatballs with 1/4 teaspoon of sesame seeds.
	6 tbsp	0 lb 0.66 oz	58%	0 lb 1.58 oz	Mint, fresh, chopped	
	2 1/2 cup	0 lb 13.23 oz	0%	0 lb 13.23 oz	Vegan Kimchi	
					<i>Chopped</i>	
	~ 8 cup	3 lb 1.67 oz	0%	3 lb 1.67 oz	Noodles, Rice, Cooked	
	3 3/4 cup	0 lb 12.37 oz	16%	0 lb 14.66 oz	Pepper, Bell, Red, sliced	
	3 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz	Sesame Seeds, White	



Cilantro Mint and Kimchi Mixed



Seasoned Noodles with Broccoli and Peppe



Completed Bowl

RECIPE IMAGES



Asian Tofu Lentil Noodle Bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 6.63 oz	0 %	11 lb 6.63 oz	0 %	11 lb 6.63 oz
Size of portion	15.22 oz		15.22 oz		15.22 oz

ADDITIONAL INFO

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MEMO

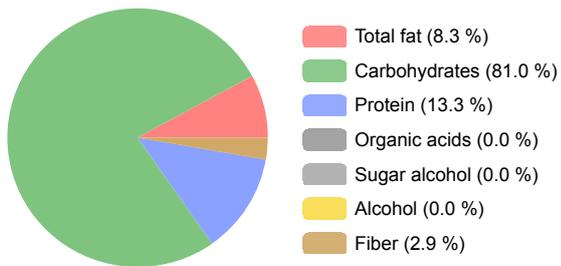
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NUTRITION INFORMATION

per portion

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals		RDI		
Total fat	8.54 g	11 %	904.93 kcal	45 %	Salt	4.68 g			
Saturated	1.04 g	5 %	3,786.21 kJ		Salt	1.09 %	Vitamin A	60.68 µg 7 %	
Monounsaturated	3.32 g	3.25 %			Sodium	1,867.38 mg	81 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	3.45 g	3.37 %			Phosphorus	443.27 mg	35 %	Thiamine	1.09 mg 91 %
Trans fatty acids	0.01 g	0.01 %			Potassium	1,055.10 mg	22 %	Riboflavin	0.42 mg 32 %
Cholesterol	0.35 mg	0 %			Iron	12.48 mg	69 %	Niacin	4.44 mg 28 %
Linolenic acid	2.75 g	2.69 %			Calcium	272.97 mg	21 %	Vitamin B6	0.84 mg 49 %
Alpha-linolenic acid	310.84 mg	0.30 %			Zinc	4.43 mg	40 %	Vitamin B12	0.01 µg 0 %
Total Carbohydrate	180.38 g	66 %			Magnesium	106.90 mg	25 %	Folate	2.71 µg 1 %
Sugars total	12.49 g	25 %			Iodine	0.00 µg	0 %	Vitamin C	82.69 mg 92 %
Added sugar	0.00 g	0 %			Selenium	16.36 µg	30 %	Vitamin E	1.78 mg 12 %
Lactose	0.00 g				Copper	0.96 mg	107 %	Vitamin K	28.69 µg 24 %
Fiber	13.53 g	48 %						Others	
Organic acids	0.00 g	0.00 %						Water	204.45 g
Sugar alcohol	0.00 g	0.00 %							
Starch	41.88 g	18.80 %							
Protein	29.63 g	59 %							
Alcohol	0.00 g	0.00 %							

PERCENTAGE OF ENERGY



CO2



0.06 kg

Comparable values

Snacks	1.29 kg
Main courses	1.81 kg
Desserts	0.82 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.