

# Zesty Kimchi Fried Rice

**Recipe Description:** Oven-baked kimchi fried rice prepared with whole-grain brown rice, roasted vegetables, and diced chicken thigh. This sheet tray method supports scratch cooking and consistent portioning while delivering fried-rice texture without stovetop preparation.

**Recipe Project Name:** Fiscal Year 2026 West-Side Team Nutrition Training Grant for School Meal Recipe Development
*State Agency: OSPI*

**Preparation Time:** 60 minutes
**Cook Time:** 30 minutes

**NSLP/SNP crediting information:** 2 cup serving provides 2.50 oz eq meat/meat alternate, 1 cup total vegetable ( 1/8 cup additional vegetable, 1/4 cup dark green vegetable, 1/8 cup red/orange vegetable, and 5/8 cup other vegetable), and 2.00 oz eq grains

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| **Day Before** | | | | | |
| Brown rice, long grain parboiled, dry | 6 lb 8 oz | approx. 1 gal dry | 13 lb | approx. 2 gal dry | 1. Begin this recipe the day before by cooking and cooling the rice. **Critical Control Point:** Cool to 41 °F in no more than 2 hours at a depth of 2 inches or less. Keep refrigerated until ready to use. |
| **Spice Mix** | | | | | |
| Paprika | | 1/2 cup | | 1 cup | 2. Preheat oven to 425°F. |

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|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| Coriander, ground | | 1/2 cup | | 1 cup | **3.** In a small bowl, combine the paprika, coriander, pepper, ginger, mustard powder, garlic powder, onion powder, cayenne, and sesame seeds. Reserve. |
| White or black pepper | | 1/8 cup | | 1/4 cup | |
| Ginger, ground | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Mustard powder | | 1 Tbsp | | 1/8 cup | |
| Garlic powder | | 1 Tbsp | | 1/8 cup | |
| Onion powder | | 2 tsp | | 1 Tbsp 1 tsp | |
| Cayenne | | 2 tsp | | 1 Tbsp tsp | |
| Sesame seeds | 2.3 oz | 1/2 cup | 4.5 oz | 1 cup | |
| | | | | | |
| Chicken thighs, raw, boneless, skinless, small dice | 10 lb | 1 gal 1 pint<br>1 1/2 cups | 20 lb | 2 gal 1 qt<br>1 pint 1 cup | **4.** In a large bowl, combine the chicken, ham, onion, carrot, celery, bell pepper, and fresh garlic with ¼ cup vegetable oil. Toss well to coat. |
| Ham, mild cured, fully cooked, with natural juices, finely diced | 1 lb 4 oz | 1 qt | 2 lb 8 oz | 1/2 gallon | **5.** Add half of the spice blend to the meat and vegetables and stir well to evenly coat. |
| Onions, mature, fresh, small dice | 2 lb | 1 qt 1 pint 1/2 cup | 4 lb | 3 qt 3/4 cup | **6.** Spread the spiced meat and vegetables evenly on a full-size sheet tray.<br>Roast for 20–25 minutes, stirring once, until vegetables are tender and lightly caramelized and the internal temperature of the chicken reaches 165°F. Remove from oven. Carefully drain any excess liquid. |

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | |
| Carrots, fresh, peeled, small dice | 2 lb | 1 qt 1 pint 1/2 cups | 4 lb | 3 qt 3/4 cup | |
| Celery, fresh, trimmed, small dice | 2 lb | 1 qt 1 pint 1/2 cups | 4 lb | 3 qt 3/4 cup | |
| Bell peppers, red or orange, fresh, small dice | 2 lb | 1 qt 1 pint 1/2 cups | 4 lb | 3 qt 3/4 cup | |
| Garlic, fresh chopped | 4 oz | 1/2 cup | 8 oz | 1 cup | |
| Vegetable oil | 8 oz | 1 cup | 16 oz | 1 pint | |
| **Dressing for Rice** | | | | | |
| Prepared kimchi, chopped | 6 lb | 3 qt | 12 lb | 1 gallon 2 qts | **7.** In a large mixing bowl, combine the cooked and cooled brown rice from step 1, kimchi, kimchi liquid, roasted chicken and vegetable mixture, remaining vegetable oil, soy sauce, Gochujang, rice wine vinegar, agave pineapple juice, toasted sesame oil, and the remaining half of the spice blend. Stir thoroughly until evenly coated. |
| Kimchi liquid * see notes | 12 oz | 1 1/2 cups | 24 oz | 1 pint 1 cup | **8.** Lightly coat two full-size sheet trays (for 50 servings) or four (for 100 servings) with pan spray. Spread the mixture evenly into a shallow, even layer. |
| Vegetable oil – for sauce sauce | 8 oz | 1 cup | 16 oz | 1 pint | **9.** Bake at 425°F for 20–25 minutes, until hot throughout and crispy. Note (stirring the rice halfway through with a wide offset spatula and re-spreading the mixture into a shallow layer may be needed to enhance cooking and crisping) |

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|---|---|---|---|---|---|
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| | | | | | |
| Soy sauce, low sodium | 8 oz | 1 cup | 16 oz | 1 pint | **10.** Remove from oven.<br>**Critical Control Point:** Hot hold at 135 °F throughout service. |
| Gochujang | approx. 10 oz | 1 cup | approx. 20 oz | 1 pint | |
| Rice wine vinegar | 4 oz | 1/2 cup | 8 oz | 1 cup | |
| Agave syrup | approx. 6 oz | 1/2 cup | approx. 12 oz | 1 cup | |
| Pineapple juice | 4 oz | 1/2 cup | 8 oz | 1 cup | |
| Toasted sesame oil | 1.5 oz | 1/8 cup<br>1 Tbsp | 3 oz | 1/4 cup<br>1/8 cup | |
| | | | | | |
| Broccoli, fresh, small dice or tiny florets | 3 lb | ½ gallon 1 qt | 6 lb | 1 1/2 gallon | **11.** Steam broccoli florets separately in perforated hotel pans for approximately 3–5 minutes, until bright green and tender-crisp. Avoid overcooking to preserve color, texture, and nutritional quality. Hold broccoli separately, toss with a small measure of the reserved fried rice dressing if desired. Portion the steamed broccoli over the finished fried rice just before service to maintain its vibrant appearance and prevent it from over-cooking. |
| Cilantro, washed, chopped | 2 bunches | 2 cups | 4 bunches | 4 cups | **12.** Add cilantro and broccoli as a pan garnish immediately before service. |

## NUTRITION INFORMATION

For 2 cups (serving size)

| NUTRIENTS | AMOUNT |
|---|---|
| **Calories** | **379** |
| **Total Fat** | **15 g** |
| Saturated Fat | 2 g |
| Cholesterol | 92 mg |
| **Sodium** | **706 mg** |
| **Total Carbohydrate** | **34 g** |
| Dietary Fiber | 5 g |
| Total Sugars | 7 g |
| Added Sugars included | 2 g |
| **Protein** | **25 g** |
| Vitamin A | 4037 mcg RAE |
| Vitamin C | 74 mg |
| Vitamin D | 0 mcg |
| Calcium | 76 mg |
| Iron | 3 mg |
| Potassium | 627 mg |

N/A=data not available.

| MARKETING GUIDE | | |
|---|---|---|
| **Food as Purchased for** | **50 Servings** | **100 Servings** |
| Onion | 2 lb 5 oz | 4 lb 10 oz |
| Carrot | 2 lb 7 oz | 4 lb 14 oz |
| Celery | 2 lb 7 oz | 4 lb 14 oz |
| Bell Pepper | 2 lb 8 oz | 5 lb |
| Broccoli | 4 lbs. 13 oz | 9 lbs. 9 oz |
| Chicken | 11 lb 6 oz | 22 lb 12 oz |

## NOTES

Kimchi preparation: Drain overnight in a perforated hotel pan over a largerhotel pan. Collect and reserve the excess liquid for the recipe. Chop the drained kimchi and collect and reserve the liquid Supplement the kimchi liquid with water as needed

Cooking Process #3 Complex

*Note: The rice for this dish must be cooked the day before and chilled.
Cooking and refrigerating rice the day before improves the final texture of the fried rice. As the rice cools, the starches firm up through a process called *retrogradation*, reducing stickiness and allowing individual grains to separate, absorb seasonings, and roast more evenly.
For food safety, rapidly cooling the cooked rice on sheet-trays from 135°F to 70°F within 2 hours, and to 41°F or below within a total of 6 hours, following school foodservice HACCP procedures. Refrigerate, uncovered, overnight.

| YIELD/VOLUME | |
|---|---|
| **50 Servings** | **100 Servings** |
| Approximately 37 lb 8 oz finished product (9 lb. 6 oz or 12.5 portions per sheet tray)<br>Yields 50 portions<br>Serving size: 2 loose cups / approximately 12 oz | Approximately 75 lb finished product (9 lb. 6 oz or 12.5 portions per sheet tray)<br>Yields 100 portions<br>Serving size: 2 loose cups / approximately 12 oz |

**SOURCE:**

FY 2024 Team Nutrition Training Grant

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