

Go For Green® Color and Sodium Level: Green and Moderate

YAKISOBA (QUICK SCRATCH) (vegan)

Yield 100 Portions

Temp 400°F

Each Portion 1 cup

Time 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Cholesterol	Calcium	Fiber
316	41.6 g	34.9 g	9 g	5.9 g	.5 g	864 mg	0 mg	173 mg	10.8 g

Ingredients

Weight

Measure

Approx. Issue

OIL, CANOLA	4 oz	1/2 cup	
SPAGHETTI NOODLES, DRY, WHOLE WHEAT	6 lb	1 gal 2 1/2 qt	
WATER, BOILING	33 1/2 lbs	4 gal	
SALT	1 1/4 oz	2 tbsp	
PLANT BASED (VEGAN) HAMBURGER, FZN, THAWED	30 lbs	1 1/2 qt	
ASIAN VEGETABLE MIX, FZN	10 lb	2 gal	
GARLIC POWDER	3/4 oz	2 2/3 tbsp	
SUGAR, GRANULATED		1/4 cup	
SOY SAUCE, LOW SODIUM	1 1/4 lbs	2 cups	
GINGER, GROUND	3/4 oz	2 2/3 tbsp	
PEPPER, BLACK, GROUND	1/3 oz	1 tbsp	
WATER	4 1/8 lbs	2 qts	
ONIONS, GREEN, FRESH, SLICED	12 1/3 oz	3 1/2 cup	

Methods

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Cook spaghetti in salted water until tender, 10 to 12 minutes. See Recipe No. E 004 00.
3. In a steam-jacketed kettle or stock pot, heat oil and sauté Plant Based meat for 8-10 minutes or completely browned. Stir to break apart into crumbles. CCP heat product to 160F.
4. Combine crumbles with Asian Vegetable Mix, soy sauce, salt, sugar, garlic powder, ginger, and pepper. Cook until vegetables are tender, about 10 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
5. Add water, green onions, and spaghetti. Mix thoroughly. Heat to serving temperature. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

1. Alternatives: If whole wheat spaghetti noodles are not available can substitute with equal amounts of whole wheat angle hair pasta (E 004 21) or equal amounts of enriched spaghetti noodles (E 004 02).
2. Alternative cooking procedure: Plant Based meat can be broken up into smaller pieces and placed into an oiled 4” hotel pan, covered with foil and baked in a 400F convection oven for 25-30 minutes or until product reaches 160F. Cool slightly and crumble till desired texture.
3. This recipe was prepared with Impossible Burger (vegan) Plant Based hamburger and thus measurements are derived from use of this product. Similar products can be used interchangeably in this recipe.
4. This recipe was prepared with Simplot Asian Blend (PROD: G2556 VEGETABLE BLND STIRFRY FZ CS 12/2 LB SMPLOT) and thus measurements are derived from use of this product. Similar products can be used interchangeably in this recipe. If Simplot blend not available use a similar weight of a mixture of broccoli, sugar snap peas, water chestnuts, carrots, baby corn, onions, red bell pepper, celery, mushrooms and bean sprouts.



5. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.
6. Nutritional analysis was performed using Gardein crumbles. Nutritional analysis was performed using a generic Asian Frozen vegetable mixture containing broccoli, water chestnuts and red pepper.
7. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Yakisoba (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.

