

King's Vegetarian Food Mfg. Co. Ltd.

VEGETARIAN SPECIALTY FOOD

Char Siu Appetizer Plate Recipe and Nutritiom

Yield	160	grams	Prep	15 minutes
Portion	160	grams	Cook	15 minuts
Num Portions	1		Finish	5 minutes
			Shelf	2 days

Ingredients

80	grams	Veg. CT Char Siu CT
1	ea	Mandarin oranges
15	grams	Cucumber
15	grams	Carrot julienne
15	grams	Washed napa cabbage long strips 1" red
10	grams	Bell pepper julienne thinly
15	grams	Washed green beans tip and tail
20	mililiters	Extra virgin olive oil
10	mililiters	Vinegar rice Marukan
2	grams	Basil leaf chopped fine
2	grams	Fresh cilantro chopped fine
1	g	Salt

Method:

1. Lightly cook beans in boiling salted water 30 secong or until vibrant colour. chill in ice water.
2. Cut beans into 1/8 bias pieces and place in bowl with cabbage, carrot, red pepper.
3. In another bowl place cilantro, basil, salt and vinegar. Gradually add oil to emulsify. Set aside.
4. Saute quickly two pieces of char siu (40g each) in pan til hot and remove.
5. Segment mandarin orange and slice cucumber thinly.
6. Arrange 3 segments mandarin like fan at opposing corners of plate.
7. Toss dressing into salad and mix well. PLace in center of plate high.
8. Slice char siu on bias and fan out each pece on either side of salad.
9. Arrange cucumber slices on either side of char siu.

Enjoy!

Nutrition Facts	
Serving Size 160g	
Servings Per Container 1	
Amount Per Serving	
Calories 370	Calories From Fat 190
% Daily Value	
Total Fat 21g	31%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 1160mg	48%
Total Carbohydrate 34g	11%
Dietary Fiber 8g	35%
Sugars 19g	
Protein 20g	
Vitamin A 70%	Vitamin C 80%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrient Descriptors

- Cholesterol Free
- Good Source of Carbohydrates
- High in Fiber
- High in Protein
- High in Vitamin A
- High in Vitamin C