



**Lean
On
Me**

Good things
come from
Sysco[™]
Sysco Northern New England

Cost \$4.04
Min Sell Price \$11.99
Profit \$7.95

**Pineapple Fried Rice and Asian
Stir Fried Vegetables**

Recipe on back ➡

Grilled Tenderloin Tips Teriyaki

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Wait staff description:

Our special this evening features tenderloin beef tips lightly marinated, grilled and served with pineapple fried rice and stir fried Asian vegetables.

COST BREAKDOWN

	PLATE/SERVING	TOTAL	%
PRICE:	\$11.99	\$11.99	
COST:	\$4.04	\$4.04	33.66
PROFIT:	\$7.95	\$7.95	66.34

Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
731405	STEAK TIP TNDRLAIN 1.5OZ CUBES	CASCABAY	1	6.00	OZ	\$0.33	\$1.95
7154424	SAUCE TERIYAKI	SCHLTTR	2	2.00	OZ	\$0.13	\$0.27
8890360	ENTREE RICE FRIED VEG	JADE MT	3	3.00	OZ	\$0.22	\$0.65
4398772	PINEAPPLE FRESH GOLD	PACKER	4	1.00	OZ	\$0.19	\$0.19
6232526	VEGETABLE BLEND ASIAN	PACKER	5	3.00	OZ	\$0.23	\$0.70
3300050	OIL SESAME BLENDED	JADE MT	6	2.00	OZ	\$0.10	\$0.19
7350788	ONION GREEN ICELS	SYS NAT	7	1.00	EA	\$0.08	\$0.08

Directions

1. Combine the beef tenderloin tips with 1 tbs. of the sesame oil and 1 oz. of the teriyaki sauce and marinate for 2 hours.
2. Cut the pineapple into a 1/4" slice and grill, keeping the pineapple firm. Cut into a small dice and add to the fried rice.
3. Place the tenderloin tips on a skewer and grill to desired temperature. Add one tablespoon of the sesame oil to a pan and add the Asian vegetables, sauté briefly.
4. Warm the fried rice and place in the center of a bowl, Remove the beef from the skewers and place on top of the rice and place the stir fried vegetables around the rice.
5. Garnish with the scallion and additional teriyaki sauce.

Chef's Suggestions

For a simple presentation, sauté the beef in the sesame oil and add the stir fried vegetables and teriyaki sauce, serve over the fried rice and omit the pineapple.

For a unique flavor profile substitute the teriyaki sauce with our new Thai Peanut Sauce SUPC # 7154440 and serve over Lo Mein Noodles SUPC# 9213513