



Chicken Bolognese & Gnocchi with Steamed Veggies

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

- Mashed Potatoes** | ½ cup (1)
- Scrambled Egg Mix** | 1 Tbsp. (2)
- Italian Seasoning** | ½ Tbsp. (1)
- Garlic** | ½ Tbsp. (1)
- Veggie Mix #1**
 - Carrot Dices | ½ Tbsp. (1)
 - Kale | 1 Tbsp. (2)
 - Tomato Dices | 2 Tbsp. (¼ cup)
- Onion Slices** | 2 ½ Tbsp. (⅓ cup)
- Seasoned Chicken Slices** | ½ cup (1)
- Tomato Sauce with Cheese**
 - Tomato Sauce Mix | 2 ½ Tbsp. (⅓ cup)
 - Parmesan Cheese | ¼ cup (½)

Seasoned Veggie Mix #2

- Red Bell Peppers | ½ cup (1)
- Broccoli | ½ cup (1)
- Onion Slices | ½ cup (1)
- Cauliflower | ½ cup (1)
- Chef's Choice Seasoning | ¼ tsp. (½)

grab from your pantry

- Butter** | 1 tbsp (2)
- Butter or Oil** | ½ Tbsp. (1)
- Flour of your choice** | ¾ cup (1 ½)
- Salt** | ⅛ tsp. (¼)

30
minutes

allergens:

Dairy, Egg
Pantry items not included

380 CALS / FATS 12G / PROTEIN 19G / SODIUM 820MG

kitchen gadgets: Large pot, large sauté pan, strainer, bowl, rolling pin.



1 *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

To make gnocchi, add the **mashed potatoes**, **scrambled egg mix**, $\frac{3}{4}$ (1 $\frac{1}{2}$) cup **flour**, **Italian seasoning** and $\frac{1}{8}$ ($\frac{1}{4}$) teaspoon **salt** in a bowl and add $\frac{1}{2}$ cup plus 2 Tablespoons (1 $\frac{1}{4}$ cups) of **water**. Mix with a heavy spoon until a smooth dough forms. Roll gnocchi dough into ropes about $\frac{1}{2}$ inch thick. Dust with additional flour to prevent sticking.



2 Cut gnocchi into $\frac{1}{2}$ to 1 inch pieces. Place on a pan with parchment or wax paper separated from each other to prevent sticking.



3 In a medium sauce pan, bring 6 (8) cups of **water** to a boil. Add gnocchi and boil for about 3–4 minutes or until set. Remove from pot with small strainer or slotted spoon and set aside.



4 To begin Bolognese sauce, measure out 1 $\frac{3}{4}$ (3) cups of **water**. In a large sauté pan, add $\frac{1}{2}$ (1) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10–30 seconds). Add the water to the pan to deglaze.



5 Add **chicken slices**, **veggie mix #1**, and **onion slices** and bring to a simmer. Simmer for about 5 minutes. Add **tomato sauce with cheese** and simmer an additional 3 minutes. Add in cooked gnocchi and toss together to coat well.



6 For vegetable medley, in a medium sauté pan with a lid add 1 (1 $\frac{3}{4}$) cup **water**, 1 (2) Tablespoon **butter**, and **seasoned veggie mix #2**. Make sure all vegetables are coated in water. Put lid on, then turn stove on medium heat and bring to a simmer. Simmer 3–4 minutes. Stir vegetables again to coat with remaining liquid. Serve!



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Nutrition Facts

3 servings per container

Servings size **1 cup (51g)**

Amount per serving

Calories **210**

% Daily Value*

Total Fat 6g **8%**

 Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 55mg **18%**
Sodium 640mg **28%**
Total Carbohydrate 24g **9%**

 Dietary Fiber 2g **7%**

Total Sugars 8g

 Includes 0g Added Sugars **0%**
Protein 15g

Vit. D 0mcg 0% • Calcium 170mg 15%

Iron 1mg 6% • Potas. 464mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DRIED POTATO FLAKES, THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARRO POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, ANNATTO COLOR), FREEZE DRIED CHICKEN SLICES COOKED SEASONED WHITE MEAT* (CHICKEN WHITE MEAT, SALT), PARMESAN CHEESE* (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), ONION*, CAULIFLOWER*, RED BELL PEPPER*, BROCCOLI*, THRIVE SCRAMBLED EGG MIX DRIED EGG PRODUCT (WHOLE EGGS, YOLK, DRIED EGG WHITES [GLUCOSE REMOVED FOR STABILITY]), DEHYDRATED GARLIC, DEHYDRATED CARROT, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), TOMATO*, KALE*, SPICES*

*FREEZE DRIED

CONTAINS: MILK, EGG.

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