



South Pacific Stir Fry with Pulled Pork

ingredients | 2 person (4 person)

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

grab from your box

Chicken Bouillon | ½ Tbsp. (1)

Pulled Pork | ¾ cup (1 ½)

Chow Mein Noodles | 4 oz. (8)

Garlic | ½ tsp. (1)

Veggie Mix

Red Bell Peppers | ¼ cup (½)

Green Bell Peppers | ¼ cup (½)

Broccoli | ½ cup (1)

Onion Slices | ¼ cup (½)

Pineapple | ¼ cup (½)

Pineapple Juice | ½ (1) 6 oz. can

Rice Vinegar | 2 Tbsp. (¼ cup)

Tomato and Onion Mix

Tomato Powder | 1 Tbsp. (2)

Green Onions | 2 Tbsp. (¼ cup)

grab from your pantry

Butter or Oil | ½ Tbsp. (1)

Low Sodium Soy Sauce | 1 ½ Tbsp. (3)

Sugar | 1 Tbsp. (2)

22
minutes

allergens:

Wheat, Egg

Pantry items not included

320 CALS / FATS 7G / PROTEIN 15G / SODIUM 1510MG

THRIVE
LIFE

kitchen gadgets: medium sauce pot, large sauté pan, strainer

chef's tip: Add red pepper flakes for a spicier option!



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

Mix **chicken bouillon** and **pulled pork** with 1 ½ (3) cups of **water** in a container with a lid, and let it soak for 10 minutes. Tumble or stir occasionally.



2 Meanwhile, in a medium sauce pot bring 6 (8) cups **water** to a boil. Once at a boil, add the **chow mein noodles** and cook for 6–7 minutes or until tender. Strain and set aside.



3 Strain broth from the pork, and set both the broth and pork aside for later use. In a sauté pan, add ½ (1) Tablespoon **butter or oil** of your choice, **garlic**, and **drained pork** and sauté for 4–5 minutes. Add **veggie mix** and **onion slices**, then stir. Cook for 30 seconds to infuse the flavors.



4 Add pork broth and all remaining ingredients (**pineapple**, ½ (1) **can pineapple juice**, **rice vinegar**, 1 ½ (3) Tablespoons **soy sauce**, **tomato and onion mix**, and 1 (2) Tablespoons **sugar**) to the sauté pan. Bring to a simmer for 7–8 minutes or until sauce thickens. Add **strained noodles**, toss with sauce and let rest 3–5 minutes. Serve.

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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

Serving size 1 cup (106g)

Amount per serving

Calories 290

% Daily Value *

Total Fat	5g	6%
Saturated Fat	1.5g	8%
<i>Trans</i> Fat	0g	
Cholesterol	35mg	12%
Sodium	1220mg	53%
Total Carbohydrate	65g	24%
Dietary Fiber	3g	11%
Total Sugars	13g	
Includes 0g Added Sugars		0%
Protein	15g	

Vit. D 0mcg	0%	-	Calcium 34mg	2%
Iron 2mg	10%	-	Potas. 418mg	8%

* 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: CHOW MEIN NOODLES (ENRICHED UNBLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT), PINEAPPLE JUICE (PINEAPPLE JUICE, ASCORBIC ACID, VITAMIN E, AND VITAMIN A), FREEZE DRIED PULLED PORK COOKED SEASONED* (PORK, FLAVORING, SALT), SEASONED GOURMET RICE VINEGAR (RICE VINEGAR, SUGAR, SALT), PINEAPPLE, TOMATO POWDER, BROCCOLI, ONION, THRIVE CHICKEN BOUILLON POWDER (SALT, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, ONION POWDER, GARLIC POWDER, CELERY POWDER, CARROT POWDER, TURMERIC EXTRACT, SPICE), RED BELL PEPPERS, GREEN BELL PEPPERS, DEHYDRATED GARLIC, GREEN ONIONS.

*FREEZE DRIED

CONTAINS: WHEAT, EGG.

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