



Pictured with lettuce from your pantry.

Asian-Style Noodle Salad

ingredients | Classic (Family)

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

grab from your box

- Thin Rice Noodles** | 3.25 oz. (6.5)
- Grilled Seasoned Chicken** | 1 cup (2)
- Onion Slices** | ¼ cup (½)
- Green Onions** | ¼ cup (½)
- Black Sesame Seeds** | 1 Tbsp. (2)
- Cilantro** | 1 Tbsp. (2)
- Honey Crystals** | 2 ½ Tbsp. (⅓ cup)
- Seasoning Blend**
- Ginger | ¼ tsp. (¾)
- Lime Powder | ¾ tsp. (1 ½)

- Rice Vinegar** | 2 tsp. (1 ½ Tbsp.)
- Sesame Oil** | 2 tsp. (1 ½ Tbsp.)
- Rice Paper** (optional) | 4 sheets (8)

grab from your pantry

- Low Sodium Soy Sauce** | 2 ½ Tbsp. (⅓ cup)
- Vegetable Oil** | 1 ½ Tbsp. (3)
- Lettuce** (optional) | 4 leaves (8)

15 minutes

AS PREPARED

300 CALS / FATS 8G / PROTEIN 14G / SODIUM 910MG

For lower sodium, use less dressing.

What's on the Box?

Check your box for the **CLASSIC** or **FAMILY** icon. Family measurements are in **orange**.

kitchen gadgets: 1 large bowl, 1 small bowl, 1 medium pot

chef tip: For alternate ways to serve, see step 5!



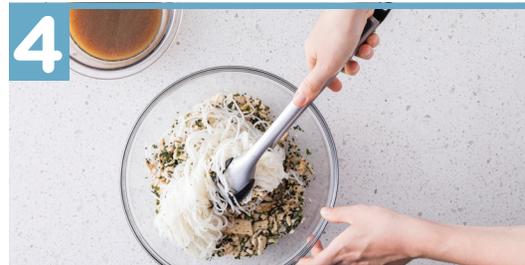
See note above! In a medium pot, bring 6 (8) cups of **water** to a boil. Add **rice noodles** and boil for 6–8 minutes or until tender. Strain, rinse with cold water, and set aside. While noodles are boiling, begin Step 2.



In a large bowl, combine **grilled seasoned chicken, onion slices, green onions, sesame seeds, cilantro**, and $\frac{3}{4}$ cup plus 2 Tbsp. (1 $\frac{3}{4}$ cups) of **hot water**. Stir well to coat. Stir again after 5 minutes.



To make dressing, in a small bowl, combine 1 $\frac{1}{2}$ tsp. (1 Tbsp.) **hot water** and **honey crystals**. Microwave for 20 seconds and stir until crystals are dissolved. Add 2 $\frac{1}{2}$ Tbsp. ($\frac{1}{2}$ cup) **soy sauce, seasoning blend**, 2 tsp. (1 $\frac{1}{2}$ Tbsp.) **rice vinegar**, 2 tsp. (1 $\frac{1}{2}$ Tbsp.) **sesame oil** and 1 $\frac{1}{2}$ (3) Tbsp. **vegetable oil**. Whisk until combined.



Add noodles and as much dressing as desired to chicken mixture and combine. Add any other seasonings to taste.



Serve chilled as a salad or warm as a noodle dish. You can also fold mixture into rice paper with added veggies for a spring roll (dip rice paper in warm water for 5 seconds, let sit for 1 minute, and then add noodles and roll) or serve in a lettuce cup.

Wasn't that simple?

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



Asian-Style Noodle Salad

CLASSIC

Asian-Style Noodle Salad

FAMILY

Nutrition Facts

3 servings per container

Serving size 1 cup (71g)

	Per Serving		Per Box	
		290		880
		% DV*		% DV*
Calories				
Total Fat	9g	12%	26g	33%
Saturated Fat	1.5g	8%	4.5g	23%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	100mg	33%
Sodium	400mg	17%	1210mg	53%
Total Carb.	40g	15%	121g	44%
Dietary Fiber	1g	4%	3g	11%
Total Sugars	12g		35g	
Incl. Added Sugars	9g	18%	28g	56%
Protein	13g		38g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	24mg	2%	73mg	6%
Iron	2mg	10%	5mg	30%
Potassium	150mg	4%	451mg	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.

Nutrition Facts

6 servings per container

Serving size 1 cup (70g)

Amount per serving		
Calories		290
		% Daily Value*
Total Fat	8g	10%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	400mg	17%
Total Carbohydrate	40g	15%
Dietary Fiber	1g	4%
Total Sugars	11g	
Includes Added Sugars	9g	18%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	24mg	2%
Iron	2mg	10%
Potassium	150mg	4%

*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: RICE NOODLES (RICE FLOUR, WATER, MODIFIED TAPIOCA STARCH), **FREEZE DRIED GRILLED SEASONED CHICKEN BREAST STRIPS WITH RIB MEAT*** (CHICKEN BREAST WITH RIB MEAT, SALT, POTATO STARCH, ONION AND GARLIC POWDER, SPICE), **HONEY CRYSTALS** (REFINERY SYRUP AND HONEY), **SEASONED GOURMET RICE VINEGAR** (RICE VINEGAR, SUGAR, SALT), **SESAME OIL, BLACK SESAME SEEDS, ONIONS*, LIME POWDER** (FRUIT SOLIDS, MALTODEXTRIN), **GREEN ONIONS*, GINGER, CILANTRO***.

*FREEZE DRIED

Distributed by: Thrive Life®

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