



Savory Green Curry with Pulled Pork

ingredients | Classic (Family)

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

grab from your box

Instant Brown Rice | 1 ¼ cups (2 ¼)

Chef's Choice Seasoning | ½ tsp. (1)

Pulled Pork | ⅔ cup (1 ¼)

Veggie Mix

Red Bell Peppers | 2 Tbsp. (¼ cup)

Sweet Corn | 2 ½ Tbsp. (⅓ cup)

Green Peas | 2 Tbsp. (¼ cup)

Onion Slices | 2 Tbsp. (¼ cup)

Coconut Curry Sauce Mix | ⅓ cup (¾)

15 minutes

AS PREPARED
290 CALS / FATS 7G / PROTEIN 13G / SODIUM 700MG

What's on the Box?

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

kitchen gadgets: Small sauce pan, large sauté pan



See note above! In a small sauce pan bring 1 ¼ (2 ¼) cups of **water** to a simmer. Once simmering, add **instant brown rice** and **Chef's Choice seasoning**. Simmer on low for 8 minutes covered, then remove from heat and allow to rest for 5 minutes.



While the rice is cooking, add 1 ½ (3) cups of **water**, **pulled pork**, **veggie mix**, and **onions** to a large sauté pan and bring to a simmer, stirring occasionally. Simmer for 7-8 minutes



Stir in the **coconut curry sauce mix**. Allow to simmer for an additional 2-3 minutes. Remove from heat and rest for 3-5 minutes.



Assemble the dish by adding a portion of rice to a bowl and then top with the pork curry.

55528



Wasn't that simple?

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



Nutrition Facts

6 servings per container

Serving size 1 cup (73g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 700mg	30%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 337mg	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.

Nutrition Facts

3 servings per container

Serving size 1 cup (76g)

Calories

Per Serving

300

Per Box

900

% DV*

% DV*

Total Fat	7g	9%	21g	27%
Saturated Fat	3.5g	18%	10g	50%
Trans Fat	0g		0g	
Cholesterol	30mg	10%	95mg	32%
Sodium	680mg	30%	2030mg	88%
Total Carb.	47g	17%	141g	51%
Dietary Fiber	3g	11%	10g	36%
Total Sugars	4g		11g	
Incl. Added Sugars	2g	4%	6g	12%
Protein	13g		40g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	55mg	4%	166mg	15%
Iron	2mg	10%	5mg	30%
Potassium	342mg	8%	1026mg	20%

*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: PRECOOKED DRIED LONG GRAIN BROWN RICE, THRIVE COCONUT CURRY SAUCE POWDER (CREAM POWDER [MILK FAT, WHEY, NONFAT DRY MILK, SALT], FOOD STARCH-MODIFIED, SUGAR, THAI GREEN COCONUT CURRY POWDER [COCONUT MILK POWDER {COCONUT MILK, MALTODEXTRIN, SODIUM CASEINATE}, SPICES, SPINACH, SALT, LIME LEAVES, SHALLOTS, SUGAR, GARLIC, ONION, CONTAINS 2% OR LESS OF LEMONGRASS, RICE, TAMARIND, CITRIC ACID], ORGANIC COCONUT, BUTTER POWDER [BUTTER {SWEET CREAM, SALT, ANNATTO COLOR}, NONFAT MILK SOLIDS, SODIUM CASEINATE AND DISODIUM PHOSPHATE], SALT, GARLIC, THAI RED CURRY POWDER [SPICES, SALT, GARLIC, LEMONGRASS, ONION, LIME LEAVES, PAPRIKA], CILANTRO, NATURAL LIME FLAVOR, GINGER), FREEZE DRIED PULLED PORK COOKED SEASONED* (PORK, POTATO EXTRACT, SALT), CORN*, PEAS*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), RED BELL PEPPERS*, ONION*.

*FREEZE DRIED

CONTAINS: MILK, COCONUT.