



Chicken Farfalle Pasta Primavera

ingredients | 2 person (4 person)

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

grab from your box

Farfalle Pasta | 1 $\frac{3}{4}$ cups (3 $\frac{1}{2}$)

Garlic | $\frac{1}{2}$ Tbsp. (1)

Seasoned Chicken Slices | $\frac{3}{4}$ cups (1 $\frac{1}{2}$)

Veggie Mix

Cauliflower | $\frac{1}{4}$ cup ($\frac{1}{2}$)

Broccoli | $\frac{1}{4}$ cup ($\frac{1}{2}$)

Zucchini | 2 $\frac{1}{2}$ Tbsp. ($\frac{1}{3}$ cup)

Kale | $\frac{1}{4}$ cup ($\frac{1}{2}$)

Red Bell Peppers | $\frac{1}{4}$ cup ($\frac{1}{2}$)

Onion Slices | $\frac{1}{4}$ cup ($\frac{1}{2}$)

Seasoning Blend

Chef's Choice Seasoning | $\frac{1}{4}$ tsp. ($\frac{1}{2}$)

Italian Seasoning | 1 tsp. ($\frac{1}{2}$ Tbsp.)

Tomato Sauce Mix | $\frac{1}{3}$ cup ($\frac{2}{3}$)

Parmesan Cheese | $\frac{1}{4}$ cup ($\frac{1}{2}$)

Balsamic Glaze | 1 oz. (1)

grab from your pantry

Butter or Oil | $\frac{1}{2}$ Tbsp. (1)

Butter (optional) | 1 Tbsp. (2)

20
minutes

allergens:

Dairy, Wheat
Pantry items not included

350 CALS / FATS 9G / PROTEIN 22G / SODIUM 830MG

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kitchen gadgets: Medium pot, fine strainer, large sauté pan, bowl.



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

In a medium pot, bring 6 (8) cups of **water** to a boil. Add the **farfalle pasta** and cook for about 10 minutes or until tender. Strain the pasta water into a bowl for later use. Set the pasta and water aside.



While the pasta is cooking, measure another 3 (4) cups of **water**. In a large sauté pan, add ½ (1) tablespoon of **butter or oil** of your choice, and sauté the **garlic** on medium heat until aromatic (about 10–30 seconds). Add the water, **chicken slices**, **veggie mix**, **onion slices**, and **seasoning blend** and bring to a simmer. Let simmer for 4–5 minutes.



While stirring, add the **tomato sauce mix** and simmer for an additional 2 minutes. Add ½ cup of the reserved pasta water to the sauce to thin. Add additional water until the desired consistency is reached.



Add the **parmesan cheese** and the **pasta** into the sauce and heat through, allowing the cheese to refresh until soft. For an optional rich, creamy finish, swirl in 1 (2) tablespoons of **butter**. Top dish with desired amount of **balsamic glaze**.



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 (81g)**

Amount per serving

Calories**320**

% Daily Value *

Total Fat	6g	8%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	820mg	36%
Total Carbohydrate	44g	16%
Dietary Fiber	3g	11%
Total Sugars	8g	
Includes 1g Added Sugars		2%
Protein	22g	

Vit. D 0mcg 0%	.	Calcium 188mg 15%
Iron 3mg 15%	.	Potas. 618mg 15%

* 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: RAINBOW FARFALLE (SEMOLINA [ENRICHED WITH IRON (FERROUS SULFATE) AND 8 VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)], TOMATO SOLIDS, DRIED SPINACH), THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT 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]), BALSAMIC GLAZE (BALSAMIC VINEGAR OF MODENA [WINE VINEGAR, CONCENTRATED GRAPE MUST, CARAMEL COLOR], GLUCOSE SYRUP, SUGAR, MODIFIED CORN STARCH, DEXTROSE, XANTHAN GUM), DEHYDRATED GARLIC, BROCCOLI*, ONION*, CALLIFLOWERS*, RED BELL PEPPERS*, KALE*, ZUCCHINI*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), SPICES*

*FREEZE DRIED

CONTAINS: MILK, WHEAT.

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AMERICAN FORK, UTAH 84003. MADE IN UTAH.

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