



Thai-Style Coconut Beef with Rice Noodles

ingredients | 2 person (4 person)

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

grab from your box

Rice Noodles | 4 oz. (8)

Garlic | ½ Tbsp. (1)

Shredded Beef | ¾ cup (1 ½)

Chef's Choice Seasoning | ¼ tsp. (½)

Veggie Mix

Carrot Dices | 2 ½ Tbsp. (½ cup)

Mushrooms | ⅓ cup (¾)

Green Bell Peppers | ⅓ cup (¾)

Onion Mix

Onion Slices | 2 ½ Tbsp. (½ cup)

Green Onions | 2 Tbsp. (¼ cup)

Coconut Curry Sauce Mix | ½ cup (1)

grab from your pantry

Butter or Oil | 1 Tbsp. (2)

**20
minutes**

**gluten free
allergens:**

Dairy

Pantry items not included

370 CALS / FATS 12G / PROTEIN 14G / SODIUM 820MG

THRIVE
LIFE

kitchen gadgets: *Medium sauce pot, large sauté pan.*



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

In a medium sauce pot, bring 6 (8) cups of water to a boil. Add **rice noodles** and boil for 6–8 minutes or until tender. Stir occasionally. Strain, rinse with cool water, and set aside.



Meanwhile, measure out 2 ½ (5) cups of **water**. In a large sauté pan, add 1 (2) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10–30 seconds).



Add water, **shredded beef**, **Chef's Choice seasoning**, **veggie mix**, and **onion mix** and bring to a simmer. Simmer for 4–5 minutes.



While whisking, add **coconut curry sauce mix** and allow to simmer an additional 6–7 minutes or until thick. Add drained noodles and stir well. Allow to rest 2–3 minutes. **Salt** and **pepper** to taste. 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 (82g)

Amount per serving

Calories 330

		% Daily Value *
Total Fat	8g	10%
Saturated Fat	4.5g	23%
<i>Trans</i> Fat	0g	
Cholesterol	40mg	13%
Sodium	820mg	36%
Total Carbohydrate	51g	19%
Dietary Fiber	2g	7%
Total Sugars	7g	
Includes 3g Added Sugars		6%
Protein	14g	
Vitamin D	0mcg	0%
•	Calcium	102mg 8%
Iron	3mg	15%
•	Potassium	537mg 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: RICE NOODLES (RICE FLOUR, WATER, MODIFIED TAPIOCA STARCH), 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 SHREDDED BEEF COOKED AND SEASONED* (BEEF, SALT), DEHYDRATED CARROT, DEHYDRATED GARLIC, GREEN BELL PEPPERS*, MUSHROOMS*, ONION*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), GREEN ONIONS*

*FREEZE DRIED

CONTAINS: MILK, COCONUT.



Nutrition Facts

6 servings per container

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