



HyVee
mealtime
KIT

SERVING SUGGESTION

EVERYTHING YOU NEED TO MAKE:

Asian-Style
Rice Noodle Bowl
with Pork Sausage & Vegetables

Rice noodles combined with pork sausage, cabbage and carrots, then blended with sesame and Asian-style seasonings

SERVES **2** READY IN **17** MINUTES

KEEP REFRIGERATED



NET WT 29.62 OZ (1 LB 13.62 OZ) 839 g

What's Inside:



What You'll Need:

Medium saucepan Slotted spoon
Large skillet Paper towels
Wooden spoon Instant read meat thermometer
Small bowl



Recommended Preparation:



1 Cook Rice Noodles
Boil 2 quarts water in medium saucepan. Add rice noodles; stir to separate noodles. Cook 6 minutes; reserve 1/2 cup cooking liquid. Rinse noodles under cold water; drain and set aside.

🍴 If the rice noodles begin to stick together as they cool, simply run them under a little more cold water and toss every few minutes until you are ready to add them to the skillet.



2 Prepare Sesame Seeds and Green Onions
Slice green onions into 1/4-inch pieces; set aside. Toast sesame seeds in large skillet over medium-low heat until light golden in color, stirring constantly with wooden spoon. Remove from heat; pour carefully into small bowl. Reserve.



3 Cook Sausage
Return skillet to medium heat; add sausage. Use wooden spoon to break meat into small pieces. Sauté about 6 minutes or until sausage reaches internal temperature of 160°F on instant read meat thermometer. With slotted spoon, transfer sausage to paper towel-lined plate.



4 Make Stir-fry
Return skillet to medium-low heat. Add sesame oil and minced garlic; sauté 1 minute. Add cabbage, carrots, Asian-style seasoning, soy sauce and reserved noodle cooking water. Turn heat to medium; cook until cabbage wilts, about 3 minutes. Add reserved sausage and noodles; stir to coat in sauce. Warm through.



5 It's Mealtime!
Divide mixture between 2 bowls. Garnish with toasted sesame seeds and sliced green onions.

OPEN HERE

OPEN HERE



Asian-Style Rice Noodle Bowl with Pork Sausage & Vegetables



PREP TIME: 2 MINUTES
ACTIVE COOK TIME: 13 MINUTES
TOTAL TIME: 17 MINUTES



FROM OUR CHEFS:

This dish has all the components of a Chinese egg roll. Instead of placing the shredded cabbage, carrots and green onion pork sausage into a fried wrapper, we opted for a deconstructed version with rice noodles.

The Asian-style seasoning is a blend of flavors typically found in Chinese cooking. Garlic, ginger, sesame and red pepper combine to give the finished dish sweet, salty and savory notes.

Nutrition Facts

Serving Size 1/2 package (420g)
 Servings Per Container 2

Amount Per Serving		% Daily Value*	
Calories	750	Calories from Fat	290
Total Fat	32g		49%
Saturated Fat	9g		45%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	1850mg		77%
Total Carbohydrate	96g		32%
Dietary Fiber	8g		32%
Sugars	8g		
Protein	27g		
Vitamin A	170%	Vitamin C	90%
Calcium	10%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CABBAGE, PORK (CONTAINS 2% SALT), RICE NOODLES (RICE FLOUR, WATER, MODIFIED TAPIOCA STARCH), CARROTS, GREEN ONION, SOY SAUCE (WATER, SALT, SOYBEANS, SUGAR, WHEAT FLOUR, SODIUM BENZOATE [PRESERVATIVE], DISODIUM 5 INOSINATE AND DISODIUM 5 GUANYLATE [FLAVOR ENHANCERS]), SESAME OIL (SOYBEAN OIL AND SESAME OIL), SESAME SEEDS, MINCED GARLIC (GARLIC, WATER, PHOSPHORIC ACID), WATER, SEASONING (SUGAR, SALT, SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC, SOY SAUCE [WHEAT, SOYBEANS, SALT], MALTODEXTRIN, SESAME SEED, YEAST EXTRACT, CARAMEL COLOR, SESAME SEED OIL, NATURAL FLAVORS, DISODIUM INOSINATE AND DISODIUM GUANYLATE, CITRIC ACID, LESS THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING), SEASONING (BLENDED OF DEHYDRATED CHIVES, SUGAR, ONION POWDER, DEXTROSE, SPICE EXTRACTIVES WITH ANTIOXIDANTS, CONTAINS 2% OR LESS OF CITRIC ACID, BHA, BHT, SILICON DIOXIDE [TO PREVENT CAKING]), INHIBITOR (SALT, SODIUM ACETATE, FLAVOR).





CONTAINS: SOY, WHEAT

DISTRIBUTED BY HY-VEE, INC.
 WEST DES MOINES, IA 50266

SATISFACTION GUARANTEED
 CALL 1-800-289-8343 www.hy-vee.com

SAFE HANDLING INSTRUCTIONS

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

-  Keep refrigerated or frozen. Thaw in refrigerator or microwave.
-  Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry.
-  Cook thoroughly.
-  Keep hot foods hot. Refrigerate leftovers immediately or discard.

