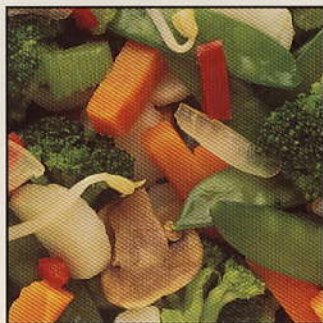




FOUR WAYS TO ADD AN INTERNATIONAL FLAVOR TO YOUR MENU.

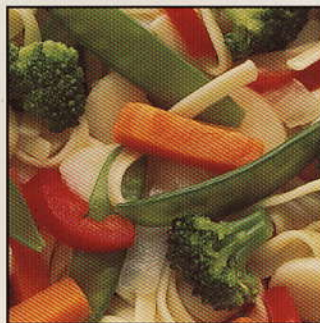
Pacific Blend

- 25% broccoli florets
- 15% Chinese pea pods
- 15% julienne carrots
- 11% sliced celery
- 10% water chestnuts
- 9% red pepper strips
- 7% onion strips
- 4% sliced mushrooms
- 4% bean sprouts



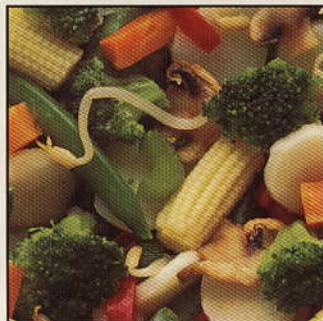
Taipei Blend

- 37% flat noodles
- 25% broccoli florets
- 10% water chestnuts
- 9% Chinese pea pods
- 7% julienne carrots
- 7% red pepper strips
- 5% onion strips



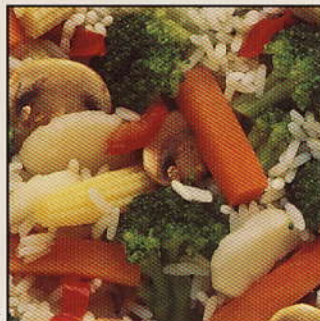
Stir Fry Supreme

- 25% broccoli florets
- 16% Sugar Snap™ peas
- 10% water chestnuts
- 9% julienne carrots
- 8% onion strips
- 8% baby cob corn
- 7% red pepper strips
- 7% sliced celery
- 5% sliced mushrooms
- 5% bean sprouts



Stir Fry Vegetables With Rice

- 42% rice
- 25% broccoli florets
- 8% water chestnuts
- 8% julienne carrots
- 7% baby cob corn
- 5% red pepper strips
- 5% sliced mushrooms



Simplot.

CLASSIC INTERNATIONAL BLENDS



CLASSIC INTERNATIONAL BLENDS

The new International Blends are excellent for the "stir fry concept." Add your favorite precooked protein source (chicken, beef, shrimp, pork) to any one of the hot International Blends and you have a complete meal. Serve as a side dish or as a vegetarian main dish. The rice and pasta

blends add flavorful variety to any menu. These blends are also easy to use as a salad - just thaw under cold running water, mix with your favorite dressing and serve. Add the blends to any combination of cheese, sauce, condensed soup or protein and you have created a beautiful casserole.

Preparation Instructions

These blends can be prepared in a microwave, steamer, stove top, oven, wok or thawed under cold running water (for use in a salad).

Microwave - Place frozen blend in a covered dish. Heat on high for 7-8 minutes (700 watt oven). Stir and rotate dish once during cooking. (Since microwave output varies, you might have to adjust cook time).

Steamer - Place blend in a steam tray at 350-400° F for 8-10 minutes or just until hot. Do not overcook.

Stove Top - Place blend in a covered pan with a tiny amount of water - cook until pan begins to steam. Reduce to simmer and continue cooking for 3-5 minutes. Cook just until hot. Do not overcook.

Oven baked - As a casserole mix all ingredients, place in a baking dish, bake at 375-400° F for 30-45 minutes. Cook until casserole center is hot. Do not overcook.

Stir Fry - Prepared from thawed or frozen. Thawed, drained product requires 5-8 minutes in "hot" stir fry pan - cook until hot. Do not overcook. To cook from frozen state add approximately 6-8 minutes to the cook time.

Cold running water - Place blend in a colander, hold under cold running water until thawed, drain thoroughly.

Holding Time

Blends are best when prepared and served immediately. If holding is necessary, the optimum chamber temperature is 150-160° F. Crack the lid to prevent additional "steam cooking." Vegetables will become softer

and colors will change with extended hold times. Keep holding time to a minimum. If served within 1-2 hours properly prepared product will have a softer texture but should be acceptable.

Nutritional Information

	Pacific Blend 1 cup (85 g)		Stir Fry Supreme 1 cup (85 g)		Stir Fry Vegetables w/Rice 1 cup (105 g)		Taipei Blend 1 cup (90 g)	
Serving Size	11		11		8		10	
Servings per Container								
Amount per Serving								
Calories	30		35		70		70	
Calories from fat	0		0		0		0	
	% Daily Values		% Daily Values		% Daily Values		% Daily Values	
Total Fat	0 g	0%	0 g	0%	0 g	0%	0 g	0%
Saturated Fat	0 g	0%	0 g	0%	0 g	0%	0 g	0%
Cholesterol	0 mg	0%	0 mg	0%	0 mg	0%	0 mg	0%
Sodium	20 mg	1%	20 mg	1%	10 mg	0%	10 mg	0%
Total Carbohydrate	6 g	2%	7 g	2%	16 g	5%	14 g	5%
Dietary Fiber	2 g	8%	2 g	8%	2 g	7%	2 g	8%
Sugars	2 g		2 g		2 g		2 g	
Protein	2 g		2 g		2 g		2 g	
Vitamin A		35%		25%		25%		20%
Vitamin C		60%		60%		45%		50%
Calcium		2%		2%		2%		0%
Iron		4%		4%		6%		6%
Pack Size	12/32P		12/32P		12/32P		12/32P	
ShipWeight	26.00		26.00		26.00		26.00	
Case Cube	1.065		1.065		0.957		1.290	
Code	67QL4662		67UL4662		67TL4662		67SL4662	
U.P.C.	71179 67462		71179 67666		71179 67146		71179 67446	

