

# Paprika Pineapple Pork Pita

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)\* cornstarch
- Pita bread
- Optional toppings and garnishes: cilantro, cotija cheese, tomatoes, chipotle or regular mayo, chopped romaine, banana peppers

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)\* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 18 minutes.
3. When cooking is complete, use a natural release.
4. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
5. To serve, toast pita bread lightly in a toaster or under the oven broiler. Cut in half and use a slotted spoon to scoop the pork and pineapple mixture into the pita. Top with desired toppings. Serve the pita with a small bowl of the juices from the pot for dipping.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the meat is tender. Continue with steps 4-5.

## Leftover Suggestions:

- Spooned over rice with pepper jack cheese melted over it
- Place on a hoagie bun with cooked peppers and onions
- Serve on a tortilla or lettuce leaf with desired toppings

## Notes:

- Go wild with the toppings on this one! Add all your favorite sandwich fixings to the pita and enjoy!

## Nutrition Facts

4 servings per container

Serving size  
1/2 cup (174g)

Calories per serving  
**160**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 9g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>	Dietary Fiber 1g	<b>4%</b>
Trans Fat 0g		Total Sugars 7g	
<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 670mg	<b>29%</b>	<b>Protein</b> 24g	

Vitamin D 0.2mcg 2% • Calcium 10mg 2% • Iron 1.8mg 10% • Potassium 500mg 10%  
Vitamin A 220mcg 25% • Vitamin C 7mg 8%

INGREDIENTS: PORK, PINEAPPLE TIDBITS (PINEAPPLE, PINEAPPLE JUICE, WATER AND CLARIFIED PINEAPPLE JUICE CONCENTRATE AND CITRIC ACID PID 513-5B PINEAPPLE, PINEAPPLE JUICE, WATER AND CLARIFIED PINEAPPLE JUICE CONCENTRATE), SALT, SPICE, PAPRIKA, GARLIC

\* 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.

