



# Gingerly Tofu and Veggie Chow Mein

## with Egg Ribbons

40 Minutes



Chow Mein Noodles  
200 g | 400 g



Tofu  
1 | 2



Mixed Mushrooms  
200 g | 400 g



Green Onion  
1 | 2



Ginger Sauce  
4 tbsp | 8 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Egg  
2 | 4



Shanghai Bok Choy  
1 | 2



Sweet Bell Pepper  
1 | 2



Vegetarian Oyster Sauce  
¼ cup | ½ cup



Cornstarch  
2 tbsp | 4 tbsp



Moo Shu Spice Blend  
½ tbsp | 1 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Cook eggs

- Before starting, add 10 cups hot water to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **eggs** to a bowl. Season with **salt** and **pepper**, then whisk until smooth.
- Heat a large non-stick pan over medium-low.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then swirl to melt. Add **eggs**. Do not stir! Cover and cook until omelet just sets, 3-5 min.\*\*
- Remove from heat. Using a spatula, gently loosen edges, then transfer **omelet** to a cutting board. Set aside.
- Carefully wipe the pan clean.

2



### Prep

- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy** to wash away any hidden dirt.
- Core, then cut **pepper** into ½-inch pieces.
- Slice **mushrooms**.
- Thinly slice **green onions**.
- Pat **tofu** dry with paper towels, then cut into ½-inch pieces.
- Add **tofu**, **cornstarch**, ½ **tbsp** (1 **tbsp**) **Moo Shu Spice Blend** and ¼ **tsp** (½ **tsp**) **salt** to a large bowl. Toss to coat.
- Combine **ginger sauce**, **vegetarian oyster sauce**, **half the sesame oil** and ½ **cup** (1 **cup**) **water** in another bowl.

3



### Cook veggies

- Reheat the same pan (from step 1) over medium-high.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **mushrooms**. Cook, stirring often, until golden, 4-6 min.
- Transfer to another bowl.
- Add ½ **tbsp** (1 **tbsp**) **oil** to the pan, then **peppers**. Cook, stirring often, 1 min.
- Add **boy choy**. Cook, stirring often, until tender-crisp, 2-3 min.
- Transfer **veggies** to bowl with **mushrooms**. Season with **salt** and **pepper**. Cover to keep warm.
- Carefully wipe the pan clean.

4



### Cook tofu

- Reduce temperature to medium.
- Add **2 tbsp** (4 **tbsp**) **oil** to the same pan, then **tofu**. (**NOTE**: Leave any excess cornstarch or seasoning in the bowl and discard.) Pan-fry **tofu**, turning occasionally, until golden-brown, 7-8 min.

5



### Cook noodles

- Meanwhile, add **chow mein noodles** to the **boiling water**. Cook uncovered until tender, -2 min.
- Drain **noodles**, then rinse under **warm water**.
- Return **noodles** to the same pot, off heat. Add **remaining sesame oil**, then gently toss to coat.
- Using a pair of scissors, make a few snips in the pot to cut up **noodles**.
- Set aside.

6



### Make sauce and serve

- Add **prepared sauce** to the pan (from step 2). Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Remove from heat.
- Tightly roll **omelet** and slice into ⅛-inch-wide **egg ribbons**. (**TIP**: Cut egg ribbons in half crosswise if the strands are too long.)
- Add **veggies** and **tofu-sauce mixture** to the pot with **noodles**. Season with **salt** and **pepper**, then toss to combine.
- Divide **noodles** and **any sauce** from the pot between plates.
- Sprinkle **egg ribbons** and **green onions** over top.

\*\* Cook eggs to a minimum internal temperature of 74°C/165°F.