



# Shrimp and Chicken Noodle Bowl

## with Beans and Bok Choy

Stir-Fry Special

Spicy

35 Minutes



Chicken Breast Tenders  
310 g | 620 g



Cornstarch  
½ tbsp | 1 tbsp



Chow Mein Noodles  
200 g | 400 g



Green Beans  
170 g | 340 g



Shrimp  
285 g | 570 g



Soy Sauce  
1 tbsp | 2 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Moo Shu Spice Blend  
1 tbsp | 2 tbsp



Shanghai Bok Choy  
2 | 4



Garlic, cloves  
2 | 4



Sweet Chili Sauce  
2 tbsp | 4 tbsp



Green Onion  
1 | 2

**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.

**Pantry items** | Oil, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, paper towels, strainer, whisk

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



### Cook chicken

- Before starting, preheat the broiler to high.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Once **water** is boiling, pat **chicken** dry with paper towels.
- Add **chicken**, **half the Moo Shu Spice Blend** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **pepper**, then toss to coat.
- Arrange **chicken** in a single layer. Broil in the **middle** of the oven until cooked through, 8-10 min.\*\*

2



### Prep and mix sauce

- Meanwhile, trim **beans**, then cut into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Separate **bok choy leaves**, then cut into 1-inch pieces. (**TIP**: Rinse bok choy leaves to wash away any hidden dirt.)
- Thinly slice **green onions**.
- Whisk together **soy sauce**, **sweet chili sauce**, **half the cornstarch** (use all for 4 ppl) and **¾ cup** (1 ½ cups) **water** in a medium bowl. Set aside.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Sprinkle over **remaining Moo Shu Spice Blend**, then season with **salt** and **pepper**.

3



### Cook shrimp

- Heat a large non-stick pan over medium-high heat.
- When hot, add **half the sesame oil**, then **shrimp**. (**NOTE**: Don't overcrowd the pan; cook shrimp in 2 batches for 4 ppl). Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Transfer to a plate. Cover to keep warm.

4



### Cook veggies

- Add **remaining sesame oil** to the same pan, then add **beans**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **bok choy**, **garlic** and **half the green onions**. Cook, stirring constantly, until fragrant, 1-2 min.
- Add **sauce** to the pan. Cook, stirring often, until slightly thickened, 1-2 min.
- Meanwhile, add **chow mein noodles** to the **boiling water**. Cook uncovered until tender, 1-2 min.
- Drain **noodles**, then rinse under **warm water**. Once well strained, return **noodles** to the same pot, off heat.

5



### Finish and serve

- Add **shrimp** and **sauce** to **chow mein noodles** in the pot. Stir to combine.
- Divide **shrimp** and **noodles** between bowls.
- Top with **chicken**.
- Sprinkle with **remaining green onions**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.