



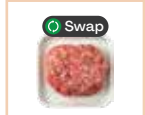
# Beyond Meat® Fiery Dragon Noodles

with Peppers and Bok Choy

Veggie

Spicy

25 Minutes



Ground Beef  
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Beyond Meat®  
2 | 4
- Spaghetti  
170 g | 340 g
- Sweet Bell Pepper  
1 | 2
- Shanghai Bok Choy  
1 | 2
- Peanuts, chopped  
28 g | 56 g
- Soy Sauce  
2 tbsp | 4 tbsp
- Chili-Garlic Sauce  
1 tbsp | 2 tbsp
- Peanut Butter  
2 | 4
- Sweet Chili Sauce  
4 tbsp | 8 tbsp
- Garlic, cloves  
2 | 4
- 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 | Large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, strainer, whisk

1



### Cook noodles

- Before starting, 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.

- Add **spaghetti** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve  $\frac{1}{4}$  **cup** ( $\frac{1}{2}$  cup) **pasta water**, then drain **noodles**.

2



### Prep

- Meanwhile, cut **bok choy** into 1-inch pieces.
- Core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Peel, then mince or grate **garlic**.
- Thinly slice **green onion**.

3



### Toast peanuts

- Heat a large non-stick pan over medium heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on peanuts so they don't burn.)
- Transfer to a plate.
- Meanwhile, whisk together **sweet chili sauce**, **peanut butter**, **soy sauce**, **chili-garlic sauce** and **reserved pasta water** in a medium bowl.

4



### Cook Beyond Meat®

Swap | Ground Beef

- Increase heat to medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **Beyond Meat®** to the same pan. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.\*\*
- Season with **salt** and **pepper**.

5



### Assemble stir-fry

- Add **peppers** and **bok choy** to the pan with **Beyond Meat®**. Cook, stirring often, until **veggies** are tender-crisp, 2-4 min.
- Add **noodles**, **garlic** and **sauce**. Cook, stirring often, until **sauce** thickens slightly and coats **noodles**, 2-4 min.
- Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- Divide **spicy Beyond Meat® peanut dragon noodles** between bowls.
- Sprinkle with **peanuts**.
- Sprinkle over **green onions**.

Measurements within steps

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

4 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, when the pan is hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat. Season with **salt** and **pepper**.

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