










Silky Peanut-Ginger Beef and Pork Noodle Bowls

with Linguine and Veggies












Family Friendly 20-25 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Tofu 1 2	Ground Beef and Pork Mix 500 g 1000 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) 



	
Ground Beef and Pork Mix 250 g 500 g	Linguine 170 g 340 g
	
Coleslaw Cabbage Mix 170 g 340 g	Sweet Bell Pepper 1 2
	
Red Onion 1 1	Peanuts, chopped 28 g 56 g
	
Ginger Sauce 4 tbsp 8 tbsp	Honey-Garlic Sauce 4 tbsp 8 tbsp
	
Peanut Butter 2 4	Beef Stock Powder 1 tbsp 2 tbsp
	
Garlic Salt 1 tsp 2 tsp	

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 | Salt, pepper, butter, oil

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, whisk

1



Prep

- Before starting, wash and dry all produce.

- Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Core, then cut **pepper** into ¼-inch slices
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.

4



Cook veggies

- Meanwhile, heat the same pan (from step 2) over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted, 30 sec.
- Add **onions, bell pepper, coleslaw mix** and **2 tbsp** (4 tbsp) **water**. Season with **pepper** and **half the garlic salt**, then stir to combine.
- Cover and cook, stirring occasionally, until tender-crisp, 3-4 min.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

2



Toast peanuts and make sauce

- 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 them so they don't burn!)
- Transfer **peanuts** to a plate.
- Add **peanut butter** and **¼ cup** (½ cup) **warm water** to a medium bowl. Whisk until smooth.
- Add **ginger sauce, honey-garlic sauce** and **half the beef stock powder**. Whisk to combine.

5



Cook beef and pork

- ◉ Swap | **Ground Turkey**
- ◉ Swap | **Tofu**
- *2 Double | **Ground Beef and Pork Mix**

- Reheat the same pan over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **beef and pork mix**. Season with **remaining garlic salt, remaining beef stock powder** and **pepper**.
- Cook, breaking up **meat** into smaller pieces, until no pink remains, 4-5 min.**
- Add **sauce mixture**. Bring to a simmer.
- Cook, stirring often, until **sauce** is warmed through and fragrant, 1 min.

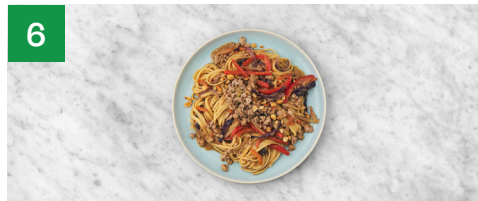
3



Cook linguine

- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

6



Finish and serve

- Add **linguine** and **veggies** to the pan with **sauce**. Season with **salt** and **pepper**, then toss to combine.
- Cook, stirring occasionally, until **linguine** and **veggies** are warmed through, 1-2 min. (**TIP:** For a lighter sauce, add reserved pasta water, 1-2 tbsp at a time, until desired consistency is reached.)
- Divide **linguine** and **any remaining sauce** in the pot between plates.
- Sprinkle **peanuts** over top.

Measurements
within steps

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

5 | Cook turkey

◉ Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef and pork mix****

5 | Cook tofu

◉ Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook it in the same way the recipe instructs you to cook the **beef and pork mix**, until golden-brown all over, 6-7 min.

5 | Cook beef and pork

*2 Double | **Ground Beef and Pork Mix**

If you've opted for **double beef and pork mix**, cook it in the same way the recipe instructs you to cook the **regular portion of beef and pork mix**. Work in batches, if necessary.

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