



Chicken Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts









Family Friendly 30-40 Minutes

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](http://www.hellofresh.ca)

↻ Swap  Chicken Thighs 280 g 560 g	↻ Swap  Protein Shreds 200 g 400 g
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 Chicken Breast Tenders 310 g 620 g	 Chow Mein Noodles 200 g 400 g
 Shanghai Bok Choy 1 2	 Moo Shu Spice Blend 1 tbsp 2 tbsp
 Vegetarian Oyster Sauce ¼ cup ½ cup	 Carrot 1 2
 Honey-Garlic Sauce 4 tbsp 8 tbsp	 Peanuts, chopped 28 g 56 g

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 | Sugar, pepper, salt, oil

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, strainer, vegetable peeler

1



Prep

- Before starting, wash and dry all produce.

[Swap](#) | [Chicken Thighs](#)

- Peel, then cut **carrot** into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.
- Sprinkle **half the Moo Shu Spice Blend** over **chicken**, then season with **salt** and **pepper**.

2



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on peanuts so they don't burn!)
- Transfer to a plate.

3



Cook chicken

[Swap](#) | [Protein Shreds](#)

- Add **1 tbsp oil** to the same pan, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook over medium-high heat, stirring occasionally, until golden and cooked through, 4-5 min.**
- Transfer **chicken** to a plate.
- Meanwhile, add **10 cups** water and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

4



Cook veggies

- Reduce heat of the pan to medium, then add **carrots**. Cook, stirring often, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.
- Add **chicken, vegetarian oyster sauce, honey-garlic sauce, ¼ tsp (½ tsp) sugar, 2 tbsp (4 tbsp) water** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until **sauce** thickens, 2-3 min. Remove from heat.

5



Cook noodles

- Meanwhile, add **noodles** to the **boiling water**. Cook uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under **warm water**.
- Drain well, then return to the pot.

6



Finish and serve

- Add **stir-fry mixture** and **half the peanuts** to the pot with **noodles**. Toss to combine.
- Divide **noodles** between bowls.
- Sprinkle **remaining peanuts** over top.

Measurements
within steps

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

1 | Prep

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prep and cook it in the same way the recipe instructs you to prep and cook the **chicken tenders**.

3 | Cook protein shreds

[Swap](#) | [Protein Shreds](#)

Cook **plant-based protein shreds** the same way as the recipe instructs you to cook the **chicken**, tossing occasionally until cooked through, 6-8 min.

* 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.