




Gingerly Tofu and Veggie Chow Mein


with Egg Ribbons

Deluxe Veggie

40 Minutes





Chow Mein
Noodles
200 g | 400 g


Egg
2 | 4



Tofu
1 | 2


Shanghai Bok
Choy
1 | 2


Mixed
Mushrooms
200 g | 400 g


Sweet Bell
Pepper
1 | 2


Green Onion
1 | 2


Vegetarian Oyster
Sauce
1/4 cup | 1/2 cup


Ginger Sauce
4 tbsp | 8 tbsp


Cornstarch
2 tbsp | 4 tbsp


Sesame Oil
1 tbsp | 2 tbsp


Moo Shu Spice
Blend
1/2 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

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 medium 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 a small bowl.

3



Cook noodles

- Add **chow mein noodles** to the boiling water. Cook, uncovered, until tender, 1-2 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.

4



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 large bowl.
- Add ½ **tbsp** (1 tbsp) **oil** to the pan, then **peppers**. Cook, stirring often, 1 min.
- Add **bok choy**. Cook, stirring often, until tender-crisp, 2-3 min.
- Transfer **veggies** to the bowl with **mushrooms**. Season with **salt** and **pepper**. Cover to keep warm.
- Carefully wipe the pan clean.

5



Cook tofu

- Reduce the heat to medium.
- Add **2 tbsp** (4 tbsp) **oil** to the same pan, then **tofu**. (**NOTE:** Leave any excess cornstarch or seasoning in the bag and discard. Cook tofu in two batches for 4 ppl, using 1 tbsp oil for each batch.) Pan-fry **tofu**, turning occasionally, until golden-brown, 7-8 min.

6



Make sauce and serve

- Add prepared **sauce**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Remove from heat.
- Tightly roll **omelet** and slice into ½-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.