












Chicken Chow Mein-Style Noodles









with Stir-Fried Veggies and Peanuts

Family Friendly 30-40 Minutes

 Swap	 Double
	
Chicken Breasts 2 4	Chicken Thighs 560 g 1120 g

 Customized Protein  Add  Swap or  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) 



	
Chicken Thighs* 280 g 560 g	Chow Mein Noodles 200 g 400 g
	
Shanghai Bok Choy 1 2	Moo Shu Spice Blend 1 tbsp 2 tbsp
	
Vegetarian Oyster Sauce 1/4 cup 1/2 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 Breasts](#)

- 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](#) | [Chicken Breasts](#)

[*2 Double](#) | [Chicken Thighs](#)

- 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, 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



Stir-fry veggies and chicken

- Reduce heat of the same 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 **half the peanuts** and **stir-fry mixture** 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 Breasts](#)

If you've opted to get **chicken breasts**, prep it in the same way as the **chicken thighs**.

3 | Cook chicken breast

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

Cook **chicken breasts** in the same way the recipe instructs you to cook the **chicken thighs**. Follow the rest of recipe as written.

3 | Cook chicken

[*2 Double](#) | [Chicken Thighs](#)

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

* 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.