



Umami Miso Tofu and Mushroom Noodles

with Linguini and Bok Choy

Veggie

35 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](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g

Chicken Breasts
2 | 4



Tofu
1 | 2



Linguine
170 g | 340 g



Shanghai Bok Choy
2 | 4



Mushrooms
113 g | 227 g



Cream
56 ml | 113 ml



Hoisin Sauce
4 tbsp | 8 tbsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Black Sesame Seeds
1 tbsp | 2 tbsp



Miso Broth Concentrate
2 | 4



Shallot
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.

1



Cook linguine

- 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.
- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup** (2 cups) **pasta water**, then drain and return **linguine** to the same pot, off heat.

2



Toast sesame seeds

+ Add | Chicken Breasts

- While **linguine** cooks, heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until fragrant, 3-4 min.
- Transfer to a plate.
- Carefully wipe out pan.

3



Prep

- Thinly slice **mushrooms**.
- Cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Peel, then cut **shallot** into ⅛-inch slices.
- Pat **tofu** dry with paper towels, then crumble into pea-sized pieces.

4



Cook tofu

+ Add | Ground Beef

- Heat the same pan (from step 2) over medium-high.
- When hot, add **1 ½ tbsp** (3 tbsp) **oil**, then **tofu**. Sprinkle **half the Cream Sauce Spice Blend** over **tofu**. Season with **salt** and **pepper**. Cook, stirring often, until **tofu** is golden-brown and lightly crisp, 6-7 min.
- Remove from heat. Stir in **half the miso broth concentrate**. Transfer to a plate.

5



Cook veggies and sauce

- Reheat the same pan over medium.
- Add **2 tbsp** (4 tbsp) **butter**, then swirl the pan until melted. Add **mushrooms** and **shallots**. Cook, stirring often, until softened and golden, 3-5 min.
- Add **bok choy**. Sprinkle over **remaining Cream Sauce Spice Blend**. Cook, stirring often, until tender-crisp, 1-2 min.
- Add **hoisin sauce**, **cream**, **remaining miso broth concentrate** and **½ cup** (1 cup) **reserved pasta water**. Bring to a simmer. Cook, stirring often, until smooth 1-2 min.

6



Finish and serve

+ Add | Chicken Breasts

- Add **linguine** and **half the tofu** to the pan with **sauce mixture**. Season with **salt** and **pepper**, to taste. Stir to coat. (**TIP:** For a lighter sauce consistency, add extra reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **noodles** between bowls.
- Top with **remaining tofu**.
- Sprinkle **sesame seeds** over top.

2 | Toast seeds and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Reheat the pan used for the sesame seeds over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.** Transfer to a plate and cover to keep warm. Carefully wipe out pan.

4 | Cook tofu and beef

+ Add | Ground Beef

If you've opted to add **beef**, when the pan is hot, add **beef** along with **tofu**. Cook, breaking up **beef** and stirring often, until **tofu** is lightly crisp and **beef** cooked through, 4-6 min.** Follow the rest of the recipe as written.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Arrange **chicken** over **noodles**.

♦ 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.