



HELLO FRESH Speedy Peanut-Sesame Chow Mein-Style Noodles

with Beef and Pork Mix











Family Friendly 25 - 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](http://hellofresh.ca)

↻ Swap 	↻ Swap 
Ground Turkey 250g 500g	Beyond Meat® 2 4



 Ground Beef and Pork Mix 250 g 500 g	 Chow Mein Noodles 200 g 400 g
 Vegetable Mix 170 g 340 g	 Shanghai Bok Choy 1 2
 Garlic, cloves 2 4	 Hoisin Sauce 4 tbsp 8 tbsp
 Vegetarian Oyster Sauce 1/4 cup 1/2 cup	 Peanut Butter 1 2
 Soy Sauce 1 tbsp 2 tbsp	 Sesame Seeds 7 g 14 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 | Pepper, oil, butter, salt

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

1



Prep

- Before starting, 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.
 - Wash and dry all produce.
- Cut **bok choy** into 1-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt.)
 - Cut any large **broccoli florets** into bite-sized pieces.
 - Peel, then mince or grate **garlic**.

4



Cook noodles

- Meanwhile, 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 **2 tsp** (4 tsp) **oil**, then toss gently to coat.
- Using a pair of scissors, make a few cuts in the pot to cut up **noodles**. Set aside.

2



Make sauce

- Add **peanut butter** and $\frac{1}{3}$ **cup** ($\frac{2}{3}$ cup) **warm water** to a medium bowl. Whisk until smooth.
- Add **soy sauce**, **vegetarian oyster sauce** and **hoisin sauce**. Whisk to combine.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter**. Swirl the pan until melted, 30 sec.
- Add **bok choy** and **vegetable mix**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min. Transfer to a plate.

5



Cook meat

- [Swap](#) | [Ground Turkey](#)
- [Swap](#) | [Beyond Meat®](#)
- Return the same pan to medium-high.
- When hot, add **beef and pork mix** to the dry pan.
- Cook, breaking up **meat** into smaller pieces, until no pink remains, 4-5 min.**
- Add **garlic** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until fragrant, 30 sec.
- Add **veggies** and **sauce mixture**. Stir to combine.

6



Finish and serve

- Add **noodles** to the pan with **meat** and **veggies**. Stir to coat.
- Divide **noodles** between bowls.
- Sprinkle **sesame seeds** over top.

Measurements
within steps

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

5 | Cook meat

[Swap](#) | [Ground Turkey](#)

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef and pork mix**.**

5 | Cook Beyond Meat®

[Swap](#) | [Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, cook it in the same way as the **beef and pork mix**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

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