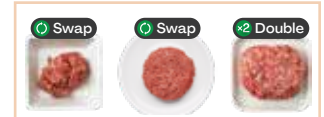




Speedy Chow Mein-Style Sesame Beef with Stir-Fried Veggies

20 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 Turkey 250 g | 500 g Beyond Meat® 2 | 4 Ground Beef 500 g | 1000 g



Ground Beef
250 g | 500 g



Chow Mein Noodles
200 g | 400 g



Vegetable Mix
170 g | 340 g



Moo Shu Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp



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



Sweet Chili Sauce
4 tbsp | 8 tbsp



Green Onion
2 | 4



Sesame Oil
1 tbsp | 2 tbsp



Black Sesame Seeds
1 tbsp | 2 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.

Pantry items | Pepper

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

1



Prep

- Before starting, wash and dry all produce.

- Add **10 cups water** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Thinly slice **green onions**.
- Add **half the vegetarian oyster sauce** (use all for 4 ppl), **soy sauce**, **half the sweet chili sauce**, **¼ cup** (½ cup) **water** and **half the Moo Shu Spice Blend** to a medium bowl. Whisk to combine, then set aside.
- 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. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a plate.

4



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, off heat.

2



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

✖2 Double | **Ground Beef**

- Add **beef** to the same dry pan (used in step 1). Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **half the sesame oil** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until fragrant, 30 sec. Season with **pepper**.
- Transfer to a plate.

5



Finish and serve

- Add **stir-fry mixture** and **half the sesame seeds** to the pot with **noodles**. Toss to combine.
- Divide **noodles** between bowls.
- Sprinkle over **remaining sesame seeds** and **green onions**.
- Drizzle over **remaining sweet chili sauce**, if desired.

3



Cook veggies

- Add **remaining sesame oil** to the pan, then **vegetable mix** and **¼ cup** (⅔ cup) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp and water has evaporated, 4-6 min.
- Add **beef** and **oyster-soy mixture** to the pan. Cook, stirring often, until coated, 1 min. Remove from heat.

Measurements within steps

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

2 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef****

2 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain excess fat.

2 | Cook beef

✖2 Double | **Ground Beef**

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

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