

HELLO Cantonese-Style Noodles with Beyond Meat®

Veggie

30 Minutes

2 Double





Chicken Breast Tenders *

Shrimp 285 g | 570 g 310 g | 620 g





Chow Mein

Beyond Meat®

Noodles







Shanghai Bok Choy 2 | 4









Garlic, cloves 1 | 2

Soy Sauce 2 tbsp | 4 tbsp





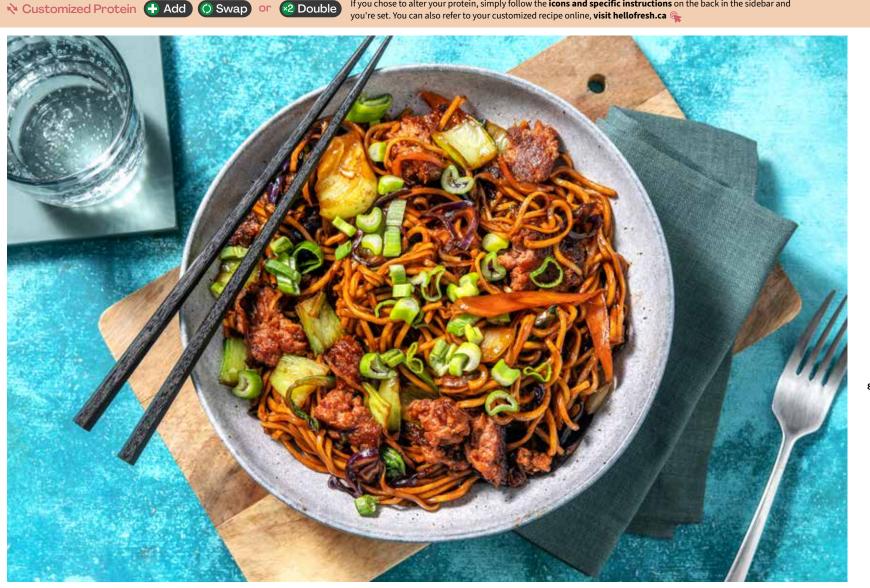


Teriyaki Sauce 8 tbsp | 16 tbsp

Green Onion 2 | 4



Coleslaw Cabbage Mix 170 g | 340 g



If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and

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. Cooking utensils | Colander, grater, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons



Prep

- Before starting, wash and dry all produce.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Meanwhile, cut **bok choy** into ½-inch pieces.
- Thinly slice green onions.
- Peel, then mince or grate garlic.
- Peel, then grate **1 tbsp** (2 tbsp) **ginger**.



Cook noodles

- Add noodles to the boiling water. Cook until tender, 2-3 min.
- Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat.



Cook veggies

🕕 Add | Shrimp

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) oil, then bok choy and coleslaw cabbage mix.
- Cook, stirring often, until tender, 5-6 min.
- Transfer **veggies** to a large bowl, then cover to keep warm. Set aside.



4 | Cook Chicken

Measurements

+ Add | Shrimp

within steps

+ Add | Chicken Breast Tenders

1 tbsp

2 person

3 | Cook veggies and shrimp

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with salt and pepper.

When the pan is hot, add **shrimp** along with veggies. Cook, stirring occasionally, until veggies are tender and shrimp just turn pink,

4-6 min.** Remove from heat. Proceed with

remaining instructions as written.

oil

Ingredient

4 person

If you've opted to get **chicken tenders**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the **Beyond Meat**®.



Cook Beyond Meat®

🕕 Add | Chicken Breast Tenders

- Heat the same pan over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then Beyond Meat®, ginger and garlic.
- Cook, breaking up Beyond Meat[®] into smaller pieces, until cooked through and crispy, 5-6 min.**
- Season with salt and pepper.



Assemble noodles

- Add veggies, teriyaki sauce, soy sauce and 2 tbsp (4 tbsp) water to Beyond Meat®. Stir until sauce thickens slightly, 1-2 min.
- Add Beyond Meat® and veggie mixture to the pot with **noodles**. Toss to coat.



Finish and serve

- Divide Cantonese-style noodles between bowls.
- Sprinkle **green onions** over top.

^{*} 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.