



Cantonese-Style Noodles

with Beyond Meat®

Veggie

30 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)



+ Add



Shrimp
285 g | 570 g

+ Add



Chicken Breast
Tenders
310 g | 620 g



Beyond Meat®
2 | 4



Chow Mein
Noodles
200 g | 400 g



Shanghai Bok
Choy
2 | 4



Ginger
30 g | 60 g



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

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 | Oil, salt, pepper

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

1



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**.

2



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.

3



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 Beyond Meat®

+ Add | Chicken Breast Tenders

- Heat the same pan over medium-high.
- When hot, add **½ 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**.

5



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.

6



Finish and serve

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

Measurements
within steps

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

3 | Cook veggies and shrimp

+ Add | 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.

4 | Cook Chicken

+ Add | Chicken Breast Tenders

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®**.

♦ 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.