

HELLO Honey-Garlic Veggie Noodles with Broccoli and Cashews

Veggie

Spicy

30 Minutes





Customized Protein Add





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 降



285 g | 570 g





Chow Mein Noodles 200 g | 400 g





Garlic Powder



1 tsp | 2 tsp

Soy Sauce 4 tbsp | 8 tbsp













Broccoli 227 g | 454 g

Carrot, julienned 56 g | 113 g







Pepper

Chili-Garlic Sauce

2 tbsp | 4 tbsp



Plant-Based Mayonnaise

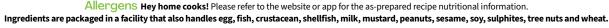






2 tbsp | 4 tbsp

Ingredient quantities



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



Cook noodles and blanch broccoli

- Before starting, wash and dry all produce.
- Heat Guide for Step 3:
- Mild: ½ tbsp (1 tbsp) Medium: 1 tbsp (2 tbsp)
- Spicy: 1½ tbsp (3 tbsp)
- Extra Spicy: 2 tbsp (4 tbsp)
- 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.
- Meanwhile, cut broccoli florets into bitesized pieces.
- Add chow mein noodles to the boiling water. Cook, uncovered, until tender, 30 sec-1 min.
- Add **broccoli** to the pot with **noodles**. Cook until broccoli turns bright green, 30 sec.
- Drain noodles and broccoli, then rinse under warm water, 15 sec. Set aside to drain.



Toast cashews

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add cashews to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on cashews so they don't burn.)
- Transfer cashews to a plate.



Prep and make noodle sauce

- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice green onions, keeping white and green parts separate.
- Whisk together garlic powder, Moo Shu Spice Blend, soy sauce, honey-garlic sauce, half the mayo (use all for 4 ppl), 2 tbsp (4 tbsp) water and 1 ½ tbsp (3 tbsp) chiligarlic sauce in a small bowl.

(NOTE: Reference heat guide.) (TIP: It's okay if the mixture doesn't completely combine in this step.)



4 | Cook veggies and chicken

1 tbsp

2 person

4 | Cook veggies and shrimp

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Add **shrimp** to pan along with

carrots and green onions. Cook, stirring occasionally, until carrots are tender-crisp and **shrimp** just turn pink, 2-3 min.**.

oil

Ingredient

(2 tbsp)

4 person

🛨 Add | Chicken Breasts 🕽

Measurements

+ Add | Shrimp

within steps

If you've opted to add chicken breasts, pat dry with paper towels while pan heats. Season with salt and pepper. Add 1 tbsp (2 tbsp) oil to the pan, then chicken. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

6 | Finish and serve

🛨 Add | Chicken Breasts 🕽

Thinly slice chicken. Top noodles with chicken.

6 | Finish and serve

🕕 Add | Shrimp

Top noodles with shrimp.



Cook veggies

+ Add | Shrimp

Add | Chicken Breasts

- Heat the same pan (from step 2) over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then peppers. Cook, stirring often, until **peppers** soften slightly, 1-2 min.
- Add carrots and green onion whites. Season with salt and pepper. Cook, stirring often, until carrots soften slightly, 1-2 min.



- Stir noodle sauce into the pan with veggies, then bring to a simmer.
- Once simmering, add noodles and broccoli. Cook, tossing **noodles** often, until **noodles** are coated in sauce and veggies are tendercrisp, 1-2 min.



Finish and serve

🛨 Add | Chicken Breasts

🕕 Add | Shrimp 🕽

- Roughly chop cashews.
- Divide **noodles** between bowls.
- Sprinkle cashews and remaining 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.