



# Honey-Garlic Veggie Noodles

with Broccoli and Cashews

Veggie

Spicy

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)



Shrimp

285 g | 570 g



Chicken Breast

2 | 4



Chow Mein Noodles  
200 g | 400 g



Honey-Garlic Sauce  
4 tbsp | 8 tbsp



Garlic Powder  
1 tsp | 2 tsp



Soy Sauce  
4 tbsp | 8 tbsp



Cashews, chopped  
28 g | 56 g



Moo Shu Spice Blend  
1 tbsp | 2 tbsp



Broccoli  
227 g | 454 g



Carrot, julienned  
56 g | 113 g



Sweet Bell Pepper  
1 | 2



Chili-Garlic Sauce  
2 tbsp | 4 tbsp



Plant-Based Mayonnaise  
2 tbsp | 4 tbsp



Green Onion  
2 | 4



**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, large non-stick pan, large pot, measuring cups, measuring spoons, small bowl, whisk

1



### 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 bite-sized 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.

4



### 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.

2



### 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.

5



### Finish noodles

- 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 tender-crisp, 1-2 min.

3



### 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**) **chili-garlic sauce** in a small bowl. (**NOTE:** Reference heat guide.) (**TIP:** It's okay if the mixture doesn't completely combine in this step.)

6



### Finish and serve

+ Add | Chicken Breasts

+ Add | Shrimp

- Roughly chop **cashews**.
- Divide **noodles** between bowls.
- Sprinkle **cashews** and **remaining green onions** over top.

Measurements within steps

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

### 4 | 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. 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.\*\*.

### 4 | Cook veggies and chicken

+ Add | Chicken Breasts

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**.

\* 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.