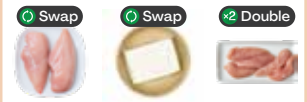




Chicken Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Family Friendly 30-40 Minutes



Chicken Breasts ⁺ 2 | 4
Tofu 1 | 2
Chicken Breast Tenders ⁺ 620 g | 1240 g

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](http://hellofresh.ca)



- Chicken Breast Tenders ⁺
310 g | 620 g
- Chow Mein Noodles
200 g | 400 g
- Shanghai Bok Choy
1 | 2
- Moo Shu Spice Blend
1 tbsp | 2 tbsp
- Vegetarian Oyster Sauce
¼ cup | ½ cup
- Carrot
1 | 2
- Honey-Garlic Sauce
4 tbsp | 8 tbsp
- Peanuts, chopped
28 g | 56 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 | Sugar, pepper, salt, oil

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, strainer, vegetable peeler

1



Prep

- Before starting, wash and dry all produce.

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breast Tenders**

- Peel, then cut **carrot** into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.
- Sprinkle **half the Moo Shu Spice Blend** over **chicken**, then season with **salt** and **pepper**.

4



Stir-fry veggies and chicken

- Reduce heat of the pan to medium, then add **carrots**. Cook, stirring often, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.
- Add **chicken, vegetarian oyster sauce, honey-garlic sauce, ¼ tsp (½ tsp) sugar, 2 tbsp (4 tbsp) water** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until **sauce** thickens, 2-3 min. Remove from heat.

2



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on peanuts so they don't burn!)
- Transfer to a plate.

5



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.

3



Cook chicken

🔄 Swap | **Tofu**

- Add **1 tbsp oil** to the same pan, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until golden and cooked through, 4-5 min.**
- Transfer **chicken** to a plate.
- Meanwhile, add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

6



Finish and serve

- Add **half the peanuts** and **stir-fry mixture** to the pot with **noodles**. Toss to combine.
- Divide **noodles** between bowls.
- Sprinkle **remaining peanuts** over top.

Measurements
within steps

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

1 | Prep

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breast tenders**.

1 | Prep

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

1 | Prep

✖2 Double | **Chicken Breast Tenders**

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

3 | Cook tofu

🔄 Swap | **Tofu**

Cook **tofu**, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

♦ 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, as size may vary.