















Gingerly Tofu and Veggie Chow Mein

with Egg Ribbons

Deluxe Veggie 40 Minutes



 Chow Mein Noodles 200 g 400 g	 Egg 2 4
 Tofu 1 2	 Shanghai Bok Choy 1 2
 Mixed Mushrooms 200 g 400 g	 Sweet Bell Pepper 1 2
 Green Onion 1 2	 Vegetarian Oyster Sauce ¼ cup ½ cup
 Ginger Sauce 4 tbsp 8 tbsp	 Cornstarch 2 tbsp 4 tbsp
 Sesame Oil 1 tbsp 2 tbsp	 Moo Shu Spice Blend ½ tbsp 1 tbsp

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 | Pepper, unsalted butter, oil, salt

Cooking utensils | 2 large bowls, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, paper towels, small bowl, spatula, strainer, whisk

1



Cook eggs

- Before starting, add 10 cups hot water to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **eggs** to a medium bowl. Season with **salt** and **pepper**, then whisk until smooth.
- Heat a large non-stick pan over medium-low.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then swirl to melt. Add **eggs**. (NOTE: Do not stir.) Cover and cook until **omelet** just sets, 3-5 min.**
- Remove from heat. Using a spatula, gently loosen edges, then transfer **omelet** to a cutting board. Set aside.
- Carefully wipe the pan clean.

2



Prep

- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy** to wash away any hidden dirt.
- Core, then cut **pepper** into ½-inch pieces.
- Slice **mushrooms**.
- Thinly slice **green onions**.
- Pat **tofu** dry with paper towels, then cut into ½-inch pieces.
- Add **tofu**, **cornstarch**, ½ **tbsp** (1 tbsp) **Moo Shu Spice Blend** and ¼ **tsp** (½ tsp) **salt** to a large bowl. Toss to coat, then set aside.
- Combine **ginger sauce**, **vegetarian oyster sauce**, **half the sesame oil** and ½ **cup** (1 cup) **water** in a small bowl. Set aside.

3



Cook noodles

- Add **chow mein noodles** to the **boiling water**. Cook, uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under **warm water**.
- Return **noodles** to the same pot, off heat. Add **remaining sesame oil**, then gently toss to coat.
- Using a pair of scissors or kitchen shears, make a few snips in the pot to cut up **noodles**.
- Set aside.

4



Cook veggies

- Reheat the same pan (from step 1) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **mushrooms**. Cook, stirring often, until golden, 4-6 min.
- Transfer to another large bowl.
- Add ½ **tbsp** (1 tbsp) **oil** to the pan, then **peppers**. Cook, stirring often, 1 min.
- Add **bok choy**. Cook, stirring often, until tender-crisp, 2-3 min.
- Transfer **veggies** to the bowl with **mushrooms**. Season with **salt** and **pepper**. Cover to keep warm.
- Carefully wipe the pan clean.

5



Cook tofu and sauce

- Reduce heat of the same pan to medium.
- Add **2 tbsp** (4 tbsp) **oil**, then **tofu**. (NOTE: Leave any excess cornstarch or seasoning in the bag and discard. Cook tofu in two batches for 4 ppl, using 1 tbsp oil for each batch.) Pan-fry **tofu**, turning occasionally, until golden-brown, 7-8 min.
- Add prepared **sesame-ginger sauce**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Remove from heat.

6



Finish and serve

- Tightly roll **omelet** and slice into ⅛-inch-wide **egg ribbons**. (TIP: Cut egg ribbons in half crosswise if the strands are too long.)
- Add **veggies** and **tofu-sauce mixture** to the pot with **noodles**. Season with **salt** and **pepper**, then toss to combine.
- Divide **noodles** and **any sauce** from the pot between plates.
- Sprinkle **egg ribbons** and **green onions** over top.

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

** Cook to a minimum internal temperature of 74°C/165°F.