



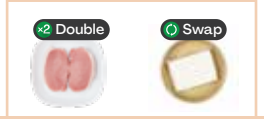
Pork and Veggie Chow Mein-Style Noodles

with Veggie Medley

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](http://www.hellofresh.ca)



Pork Chops
680 g | 1360 g

Tofu
1 | 2



Pork Chops,
boneless
340 g | 680 g



Chow Mein
Noodles
200 g | 400 g



Vegetarian Oyster
Sauce
¼ cup | ½ cup



Soy Sauce
4 tbsp | 8 tbsp



Coleslaw
Cabbage Mix
170 g | 340 g



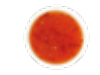
Sweet Bell
Pepper
1 | 2



Green Onion
1 | 2



Moo Shu Spice
Blend
1 tbsp | 2 tbsp



Sweet Chili Sauce
2 tbsp | 4 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 | Salt, pepper, oil

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, paper towels, kitchen shears

1



Boil water and prep

- Before starting, wash and dry all produce.

×2 Double | Pork Chops

🔄 Swap | Tofu

- Add **10 cups hot water** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- While water comes to a boil, thinly slice **green onion**.
- Core, then cut **pepper** into ¼-inch slices.
- Pat **pork** dry with paper towels, then cut into ¼-inch strips. Season with **salt** and **pepper**.

4



Cook veggies

- Heat the same pan (from step 2) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers**. Cook, stirring often, until softened slightly, 1-2 min.
- Add **coleslaw cabbage mix** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.

2



Cook pork

🔄 Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil**, then **pork** and **half the Moo Shu Spice Blend**. (**NOTE:** Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using ½ **tbsp oil** and a quarter of Moo Shu Spice Blend per batch.) Pan-fry, stirring occasionally, until **pork** is cooked through, 4-5 min.**
- Transfer **pork** to a plate.

5



Finish noodles

- Add **stir-fry sauce** to the pan, then bring to a simmer.
- Add **noodles** and **pork**. Cook, tossing often, until **noodles** are warmed through and coated in **sauce**, 2-3 min. Season with **pepper**, to taste.

3



Cook noodles and make sauce

- Add **noodles** to the **boiling water**. Cook uncovered until tender, 1-2 min.
- Using a colander, drain **noodles**, then rinse under **cold water**, tossing to separate, until **noodles** are cool.
- Using a pair of kitchen shears or scissors, make a few cuts in the colander to cut up **noodles**. Set aside to drain.
- While **noodles** cook, combine **vegetarian oyster sauce**, **soy sauce**, **sweet chili sauce** and **2 tbsp** (¼ cup) **water** in a medium bowl.

6



Finish and serve

- Divide **noodles** between bowls.
- Sprinkle **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.

1 | Boil water and prep

×2 Double | Pork Chops

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

1 | Boil water and prep

🔄 Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half, parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over, then cut into ¼-inch strips. Season **tofu** the same way the recipe instructs you to season the **pork chops**.

2 | Cook tofu

🔄 Swap | Tofu

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **tofu** and **half the Moo Shu Spice Blend**. (**NOTE:** Don't overcrowd the pan; cook tofu in 2 batches for 4 ppl, using 1 **tbsp oil** and a quarter of Moo Shu Spice Blend per batch.) Pan-fry for 2-3 min per side until golden. Follow the rest of the recipe as written.

** Cook pork to a minimum internal temperature of 71°C/160°F and chicken to a minimum internal temperature of 74°C/165°F, as size may vary.