

HELLO SuperQuick Chicken Chow Mein with Carrots and Red Cabbage

Spicy

15 Minutes



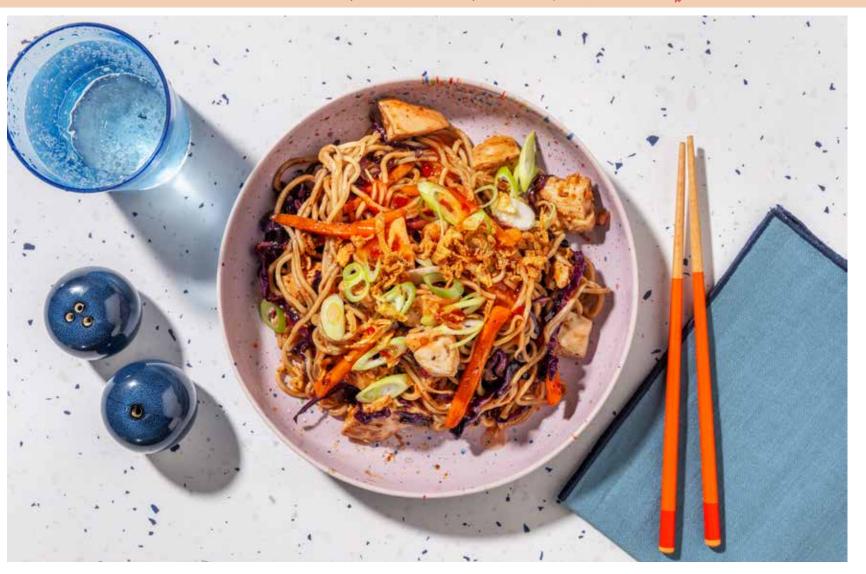
Chicken Breast Tenders (310 g | 620 g





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 🎥









310 g | 620 g







Soy Sauce Mirin Blend



4 tbsp | 8 tbsp

Hoisin Sauce 4 tbsp | 8 tbsp









2 tbsp | 4 tbsp

2 tbsp | 4 tbsp





Red Cabbage, shredded 56 g | 113 g

Carrot, julienned

56 g | 113 g



Green Onion 1 2



Crispy Shallots 28 g | 56 g



Cream Sauce Spice Blend 1 tbsp | 2 tbsp

Allengens 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. Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons



Cook chicken

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- · Wash and dry all produce.

🔘 Swap | Chicken Breast Tenders

- Heat a large non-stick pan over high heat.
- While the pan heats, snip a corner of chicken packaging and drain excess liquid.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then the chicken. Season with salt and pepper, then sprinkle Cream Sauce Spice Blend over top. Cook, stirring often, until golden-brown and cooked through, 4-5 min.**
- Transfer chicken to a plate.



Stir-fry veggies

- Reduce heat to medium-high. Add ½ tbsp (1 tbsp) oil to the same pan, then add cabbage and carrots.
- Cook, stirring often, until tender, 2-3 min.
- Remove from heat, then transfer veggies to plate with chicken. Cover to keep warm.



Cook chow mein noodles

- Meanwhile, 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 ½ tbsp (1 tbsp) oil, then gently toss to coat.
- Use a pair of scissors to make a few snips in the pot to cut up **noodles**.



Make sauce

- Add soy sauce mirin blend, hoisin, ginger-garlic puree and 1/3 cup (1/2 cup) water to the same pan (from step 2).
- Bring to a simmer over medium-high. Cook until slightly thickened, 2-3 min.



Assemble chicken chow mein

- Add chicken, veggies and sauce to the pot with chow mein noodles.
- Season with salt and pepper, then toss to combine. (TIP: If you prefer a lighter sauce, add more water, 1-2 tbsp at a time.)



Finish and serve

- Divide **chicken chow mein** between plates.
- Drizzle as much sweet chili sauce over top as desired.
- Sprinkle crispy shallots and snip green onion over top.

Measurements within steps

1 tbsp

oil

1 | Cook chicken

Swap | Chicken Breast Tenders

If you've opted to get chicken breast tenders, cut into 1-inch pieces. Cook in the same way the recipe instructs you to cook diced chicken.

- 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.