



SuperQuick Chicken Chow Mein

with Carrots and Red Cabbage

Spicy

15 Minutes

Swap



Chicken Breast Tenders
310 g | 620 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](https://www.hellofresh.ca)



Chicken Breast, Diced
310 g | 620 g



Chow Mein Noodles
200 g | 400 g



Soy Sauce Mirin Blend
4 tbsp | 8 tbsp



Hoisin Sauce
4 tbsp | 8 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Ginger-Garlic Puree
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

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

1



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.

2



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.

3



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**.

4



Make sauce

- Add **soy sauce mirin blend**, **hoisin**, **ginger-garlic puree** and **½ cup** (½ cup) **water** to the same pan (from step 2).
- Bring to a simmer over medium-high. Cook until slightly thickened, 2-3 min.

5



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.)

6



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

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.