

# HELLO Honey-Garlic Veggie Noodles with Broccoli and Cashews

Veggie

Spicy

30 Minutes



285 g | 570 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 🦫









200 g | 400 g





Garlic Powder



Soy Sauce

4 tbsp | 8 tbsp

1 tsp | 2 tsp



Cashews, chopped 28 g | 56 g



Blend

1 tbsp | 2 tbsp





Broccoli 227 g | 454 g

Carrot, julienned 56 g | 113 g



Sweet Bell



Pepper



2 tbsp | 4 tbsp



Plant-Based Mayonnaise 2 tbsp | 4 tbsp



Green Onion

2 | 4

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, small bowl, whisk



# Cook noodles and blanch broccoli

- Before starting, wash and dry all produce.
- Heat Guide for Step 3:
- Mild: ½ tbsp (1 tbsp) Medium: 1 tbsp (2 tbsp)
- Spicy: 1½ tbsp (1 tbsp) Extra: 3 tbsp (4 tbsp)
- Add 10 cups hot water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add chow mein noodles to the boiling water.
  Cook, uncovered, until tender, 30 sec-1 min.
- Add broccoli to the pot with noodles. Cook until broccoli turns bright green, 30 sec.
- Drain noodles and broccoli, then rinse under warm water, 15 sec. (TIP: Rinsing noodles helps to keep them from sticking together.)
- Set aside to drain.



#### Toast cashews

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add cashews to the dry pan. Toast, stirring often, until golden-brown, 4-5 min.
   (TIP: Keep your eye on cashews so they don't burn.)
- Transfer cashews to a plate.



#### Prep and make noodle sauce

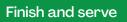
- Core, then cut **pepper** into 1/4-inch slices.
- Thinly slice **green onions**, keeping white and green parts separate.
- Whisk together garlic powder, Moo Shu Spice Blend, soy sauce, honey-garlic sauce, half the mayo (use all for 4 ppl), 2 tbsp (4 tbsp) water and 1 ½ tbsp (3 tbsp) chili-garlic sauce in a small bowl. (NOTE: Reference heat guide.)
   (TIP: It's okay if the mixture doesn't completely combine in this step.)

# 6

#### Finish noodles

5

- Stir **noodle sauce** into the pan with **veggies**, then bring to a simmer.
- Once simmering, add noodles and broccoli.
  Cook, tossing noodles often, until noodles are coated in sauce and veggies are tender-crisp,
  1-2 min.



- · Roughly chop cashews.
- Divide **noodles** between bowls.
- Sprinkle cashews and remaining green onions over top.

## 4 | Cook veggies

Measurements

within steps

#### + Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Add **shrimp** to pan along with **peppers**. Cook until **shrimp** just turn pink, a total of 2-4 min, adding **carrots** and **green onion whites** halfway through.\*\* Follow the rest of the recipe as written.

1 tbsp

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.

(2 tbsp)

4 person Ingredient

oil



### Cook veggies

#### + Add | Shrimp

- Heat the same pan (from step 2) over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then peppers.
  Cook, stirring often, until peppers soften slightly,
  1-2 min.
- Add carrots and green onion whites. Season with salt and pepper. Cook, stirring often, until carrots soften slightly, 1-2 min.
- \*\* Cook to a minimum internal temperature of 74°C/165°F.