

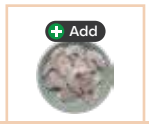


Cantonese-Style Noodles

with Beyond Meat®

Veggie

30 Minutes



Shrimp

285 g | 570 g

Customized Protein

+ Add

Swap

or

x2 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://hellofresh.ca)



Beyond Meat®

2 | 4



Chow Mein Noodles

200 g | 400 g



Shanghai Bok Choy

2 | 4



Ginger

30 g | 60 g



Garlic, cloves

1 | 2



Soy Sauce

2 tbsp | 4 tbsp



Teriyaki Sauce

8 tbsp | 16 tbsp



Green Onion

2 | 4



Coleslaw Cabbage Mix

170 g | 340 g

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, grater, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons

1



Prep

• Before starting, wash and dry all produce.

- 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.
- Meanwhile, cut **bok choy** into ½-inch pieces.
- Thinly slice **green onions**.
- Peel, then mince or grate **garlic**.
- Peel, then grate **1 tbsp** (2 tbsp) **ginger**.

2



Cook noodles

+ Add | Shrimp

- Add **noodles** to the boiling **water**. Cook until tender, 2-3 min.
- Drain **noodles**, then rinse under **warm water**.
- Return **noodles** to the same pot, off heat.

3



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **bok choy** and **coleslaw cabbage mix**.
- Cook, stirring often, until tender, 5-6 min.
- Transfer **veggies** to a large bowl, then cover to keep warm. Set aside.

4



Cook Beyond Meat®

- Heat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **Beyond Meat®**, **ginger** and **garlic**.
- Cook, breaking up **Beyond Meat®** into smaller pieces, until cooked through and crispy, 5-6 min.**
- Season with **salt** and **pepper**.

5



Assemble noodles

+ Add | Shrimp

- Add **veggies**, **teriyaki sauce**, **soy sauce** and **2 tbsp** (4 tbsp) **water** to **Beyond Meat®**. Stir until **sauce** thickens slightly, 1-2 min.
- Add **Beyond Meat®** and **veggie mixture** to the pot with **noodles**. Toss to coat.

6



Finish and serve

- Divide **Cantonese-style 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.

2 | Cook noodles and shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook for 2-3 min, stirring occasionally, until **shrimp** just turn pink.** Remove from heat, then transfer **shrimp** to a plate and cover to keep warm. Reuse the same pan to cook **veggies** in step 3.

5 | Assemble noodles

+ Add | Shrimp

Add **shrimp** to pot with **veggies**.

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