



Chow Mein-Style Chicken

with Mixed Veggies

Stir-Fry Special

Spicy

25 Minutes

Swap



Organic Chicken
Breasts
2 | 4

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
Tenders
310 g | 620 g



Green Onion
2 | 4



Sweet Bell
Pepper
1 | 2



Shanghai Bok
Choy
2 | 4



Ginger
30 g | 30 g



Vegetarian Oyster
Sauce
1/4 cup | 1/2 cup



Soy Sauce
2 tbsp | 4 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Chow Mein
Noodles
200 g | 400 g



Sesame Oil
1 tbsp | 2 tbsp



Cashews,
chopped
56 g | 112 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 | Salt, oil, pepper

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

1



Prep

- Before starting, wash and dry all produce.

- Add **10 cups hot water** to a large pot. Cover and bring to a boil over high heat.
- While **water** comes to a boil, thinly slice **2 tbsp** (4 tbsp) **green onion tops**.
- Cut **remaining green onions** into 1-inch pieces.
- Core, then cut **pepper** into ¼-inch strips.
- Cut **bok choy** into 1-inch pieces.
- Peel, then mince or grate **1 tbsp** (2 tbsp) **ginger**.
- Combine **vegetarian oyster sauce**, **soy sauce**, **sweet chili sauce** and ¼ cup (½ cup) **water** in a large bowl.

4



Cook veggies

- Reheat the same pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, **remaining sesame oil**, **green onion pieces** and **ginger**. Cook, stirring constantly, until fragrant, 30 sec.
- Add **peppers** and **bok choy**. Season with **salt** and **pepper**.
- Cook, stirring often, until **veggies** soften slightly, 1-2 min.

2



Cook noodles

- Add **chow mein noodles** to the boiling water. Cook uncovered until tender, 1-2 min.
- Using a colander, drain, then rinse **noodles** under cold water, tossing to separate, until cool.
- Leave **noodles** in the colander to drain.

5



Finish noodles

- Add **chicken** and **sauce** to the pan with **veggies**. Bring **sauce** to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Add **noodles**. Season with **pepper**.
- Cook, tossing constantly, until **noodles** are warmed through and coated, 2-3 min.

3



Cook chicken

Swap | [Organic Chicken Breasts](#)

- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- When the pan is hot, add **half the sesame oil**, then **chicken**.
- Cook, stirring occasionally, until golden-brown and cooked through, 4-5 min. **
- Transfer **chicken** to the large bowl with **sauce mixture**, then toss to coat.

6



Finish and serve

- Divide **noodles** between bowls.
- Sprinkle with **sliced green onion tops** and **cashews**.

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.

3 | Cook organic chicken

Swap | [Organic Chicken Breasts](#)

If you've opted to get **organic chicken breasts**, prep and cook in the same way the recipe instructs you to prep and cook the **chicken tenders**. **

* 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.