

HELLO Chicken Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Family Friendly 30-40 Minutes





Chicken Breast 310 g | 620 g



Chicken Breasts •



Chow Mein

Noodles

2 | 4 200 g | 400 g



Shanghai Bok Choy



Moo Shu Spice

Carrot

1 | 2

1 | 2





Vegetarian Oyster Sauce

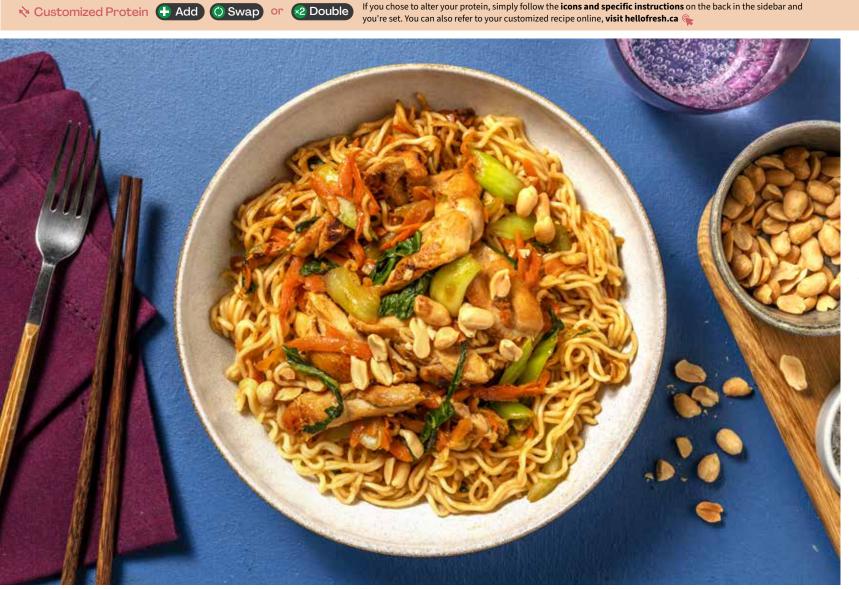




Honey-Garlic 4 tbsp | 8 tbsp



Peanuts, chopped 28 g | 56 g



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 | Large non-stick pan, large pot, measuring spoons, paper towels, strainer, vegetable peeler



Prep

· Before starting, wash and dry all produce.

Swap | Chicken Breast Tenders

O Swap | Tofu

- Peel, then cut carrot into 1/4-inch half-moons.
- Cut **bok choy** into 1-inch pieces.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.
- Sprinkle half the Moo Shu Spice Blend over chicken, then season with salt and pepper.



Toast peanuts

- Heat a large non-stick pan over medium-high.
- When hot, add **peanuts** to the dry pan. Toast for 2-3 min, stirring often, until golden.
 (TIP: Keep your eye on peanuts so they don't burn!)
- Transfer to a plate.



Cook chicken

O Swap | Tofu

- To the same pan, add 1 tbsp oil, then chicken. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches for 4 servings, using 1 tbsp oil per batch.)
- Cook for 4-5 min, stirring occasionally, until golden and cooked through.**
- Transfer chicken to a plate.
- Meanwhile, bring a large pot of salted water to a boil over high.



Stir-fry veggies and sauce

- Reduce heat of the pan to medium, then add **carrots**. Cook for 1-2 min, stirring often.
- Add **bok choy**. Cook for 1-2 min, stirring often, until **veggies** are tender-crisp.
- Add chicken, vegetarian oyster sauce, honey-garlic sauce, ¼ tsp (½ tsp) sugar, 2 tbsp (4 tbsp) water and remaining Moo Shu Spice Blend. Cook for 2-3 min, stirring often, until sauce thickens. Remove from heat.



Cook noodles

- Meanwhile, to the boiling water, add noodles. Cook for 1-3 min, stirring occasionally, until tender but still firm to the bite.
- Strain and rinse noodles with warm water.
- Return **noodles** to the pot.



Finish and serve

- To the pot with **noodles**, add **stir-fry mixture** and **half the peanuts**. Toss to combine.
- Divide noodles between bowls.
- Sprinkle remaining peanuts over top.

Measurements within steps

1 tbsp (2 tbsp)

4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in baches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Prep

Swap | Chicken Breast Tenders

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

1 Prep

🗘 Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** the same way the recipe instructs you to season the **chicken**.

3 | Cook tofu

(Swap | Tofu

Cook **tofu** for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

- * 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 165°F.