



Chicken Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Family Friendly

30-40 Minutes

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)

Swap



Chicken Breast Tenders*
310 g | 620 g

Swap



Tofu
1 | 2



Chicken Breasts*
2 | 4



Chow Mein Noodles
200 g | 400 g



Shanghai Bok Choy
1 | 2



Moo Shu Spice Blend
1 tbsp | 2 tbsp



Vegetarian Oyster Sauce
¼ cup | ½ cup



Carrot
1 | 2



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Peanuts, chopped
28 g | 56 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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Sugar, pepper, salt, oil

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

1



Prep

- Before starting, wash and dry all produce.

🔄 Swap | **Chicken Breast Tenders**

🔄 Swap | **Tofu**

- Peel, then cut **carrot** into ¼-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**.

2



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.

3



Cook chicken

🔄 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.

4



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.

5



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.

6



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) **oil**
2-serving 4-serving 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.

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.