



Sweet and Savoury Beef and Pork Noodles

with Coleslaw Cabbage Mix

Family Friendly 30 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](https://www.hellofresh.ca)



Swap



Ground Chicken
250 g | 500 g

Swap



Tofu
1 | 2



Ground Beef and Pork Mix
250 g | 500 g



Chow Mein Noodles
200 g | 400 g



Coleslaw Cabbage Mix
170 g | 340 g



Sweet Bell Pepper
1 | 2



Green Onion
1 | 2



Garlic, cloves
2 | 4



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



Ginger Sauce
4 tbsp | 8 tbsp

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, pepper, oil

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, small bowl, whisk

1



Prep

- To a large pot, add 10 cups water and 2 tsp salt (use same for 4 servings). Cover and bring to a boil over high heat.
- Before starting, wash and dry all produce.

- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

4



Cook noodles

- Meanwhile, add **chow mein noodles** to the boiling water. Cook uncovered for 1-2 min, until tender.
- Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat. Add ½ **tbsp** (1 **tblsp**) **oil**, then gently toss to coat.
- Using a pair of kitchen scissors, make a few cuts to chop up **noodles**.
- Set aside.

2



Cook beef and pork mix

🔄 Swap | **Ground Chicken**

🔄 Swap | **Tofu**

- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **beef and pork mix**, **half the garlic** and 1 **tblsp** (2 **tblsp**) **oyster sauce**.
- Cook 4-5 min, breaking up **meat** into smaller pieces, until no pink remains.**
- Remove from heat. Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

5



Cook sauce

- To a small bowl, add **ginger sauce**, **remaining oyster sauce** and ½ **cup** (1 **cup**) **water**. Season with **pepper**, then whisk to combine.
- Add **coleslaw cabbage mix** and **prepared sauce** to the pan with **peppers**, then bring to a simmer. Cook 1-2 min, stirring occasionally, until **sauce** thickens slightly and **cabbage mix** is tender-crisp.
- Remove from heat.

3



Cook veggies

- Reheat the same pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **peppers** and **remaining garlic**.
- Cook 3-4 min, stirring often, until **peppers** are tender-crisp.

6



Finish and serve

- To the pot with the **noodles**, add **veggies**, **sauce** and **beef**. Season with **salt** and **pepper**, then toss to combine.
- Divide **noodles** and **any sauce** from the pot between bowls.
- Sprinkle **green onions** over top.

Measurements within steps

1 tblsp	(2 tblsp)	oil
2-serving	4-serving	Ingredient

For 6 servings

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 chicken

🔄 Swap | **Ground Chicken**

If you've opted to get **chicken**, add 1 **tblsp** (2 **tblsp**) **oil** to the pan, then add **chicken**. Cook **chicken** in the same way the recipe instructs you to cook the **beef and pork mix****.

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, while the pan heats, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add 1 **tblsp** (2 **tblsp**) **oil**, then **tofu**, **half the garlic** and 1 **tblsp** (2 **tblsp**) **oyster sauce**. Cook for 6-7 min, stirring occasionally, until **tofu** is 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.