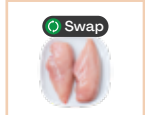




Chicken Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Family Friendly 25-35 Minutes



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](http://www.hellofresh.ca)



Chicken Thighs*

280 g | 560 g



Chow Mein Noodles

200 g | 400 g



Shanghai Bok Choy

1 | 2



Moo Shu Spice Blend

1 tbsp | 2 tbsp



Vegetarian Oyster Sauce

4 tbsp | 8 tbsp



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.

Pantry items | Oil, salt, pepper, sugar

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

1



Prep

- Before starting, wash and dry all produce.

Swap | Chicken Breasts

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

3



Cook chicken

- Add **1 tbsp oil** to the same pan, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until golden and cooked through, 4-5 min.**
- Transfer **chicken** to a plate.
- Meanwhile, add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

4



Cook veggies and assemble stir-fry

- Reduce heat to medium, then add **carrots** to the same pan. Cook, stirring often, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.
- 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, stirring often, until **sauce** thickens, 2-3 min. Remove from heat.

5



Cook noodles

- Meanwhile, add **noodles** to the **boiling water**. Cook uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under **warm water**.
- Drain well, then return to the large pot.

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Prep

Swap | Chicken Breasts

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

* 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.



Issue with your meal? Scan the QR code to share your feedback.