



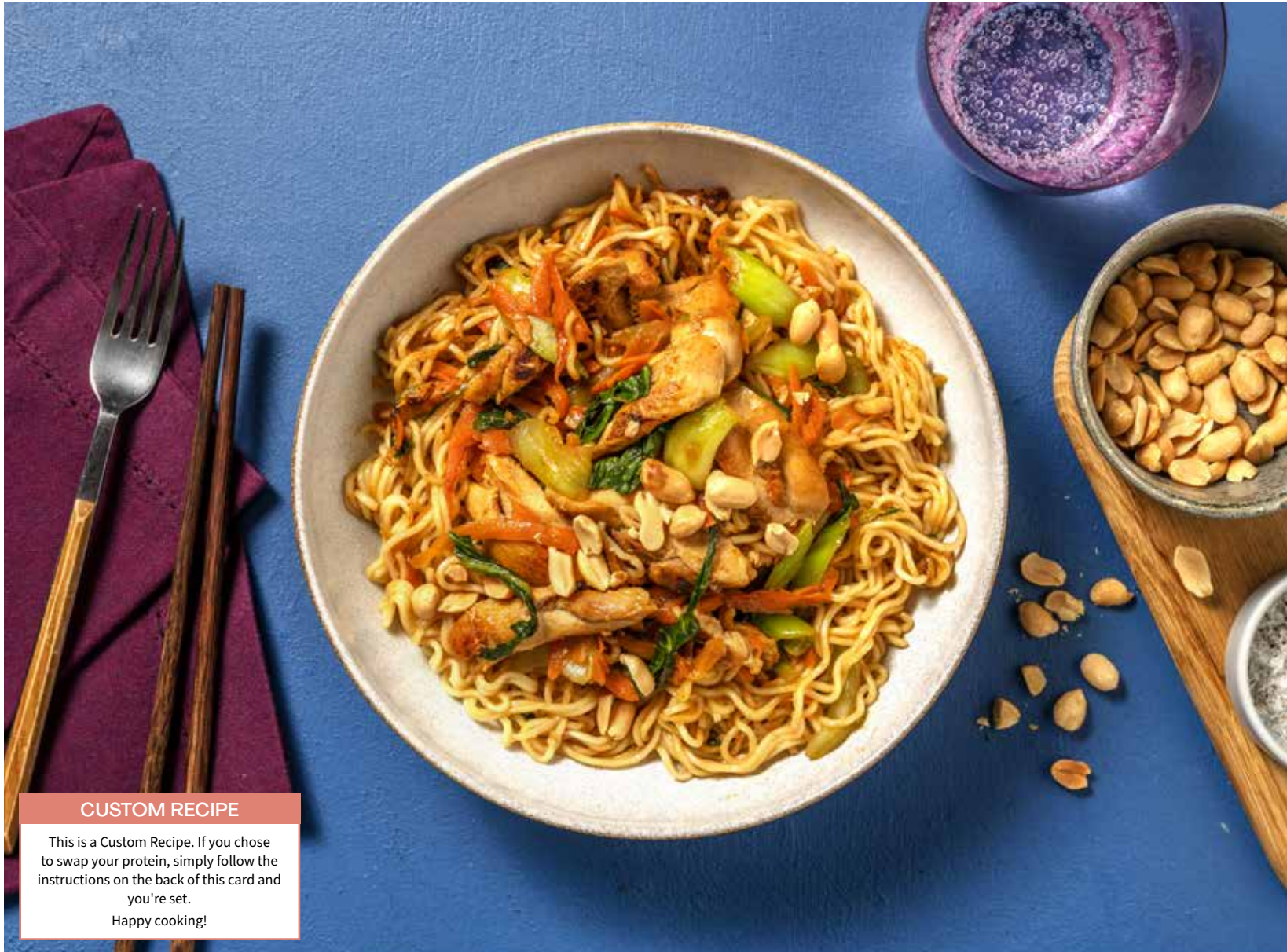
Chicken Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Family Friendly 25-35 Minutes



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Chicken Thighs



Chicken Tenders



Chow Mein Noodles



Shanghai Bok Choy



Moo Shu Spice Blend



Soy Sauce



Vegetarian Oyster Sauce



Carrot



Honey-Garlic Sauce



Peanuts, chopped

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO PEANUTS

These groundnuts are actually legumes!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Tenders ♦	310 g	620 g
Chow Mein Noodles	200 g	400 g
Shanghai Bok Choy	113 g	226 g
Moo Shu Spice Blend	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Carrot	170 g	340 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Peanuts, chopped	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Prep

- 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**.



Cook veggies and assemble stir-fry

- Reduce heat to medium, then add **carrots** to the same pan. Cook, stirring often, until tender-crisp, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.
- Add **chicken, soy sauce, vegetarian oyster sauce, honey-garlic sauce** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until **sauce** thickens, 2-3 min. Remove from heat.



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.



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.



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.

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



Finish and serve

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

Dinner Solved!



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