

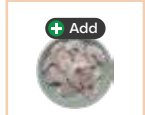


Chow Mein-Style Chicken with Mixed Veggies

Top-Rated Special

Spicy

25 Minutes



Shrimp
280 g | 570 g

↗ Custom Recipe **+ 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](https://www.hellofresh.ca)



Chicken Tenders
340 g | 680 g



Chow Mein Noodles
200 g | 400 g



Shanghai Bok Choy
2 | 4



Sweet Bell Pepper
1 | 2



Vegetarian Oyster Sauce
4 tbsp | 8 tbsp



Soy Sauce
2 tbsp | 4 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Sesame Oil
1 tbsp | 2 tbsp



Ginger
15 g | 30 g



Green Onions
2 | 4



Cashews
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

Cooking utensils | Colander, measuring spoons, large bowl, measuring cups, large pot, large non-stick pan, paper towels

1

Prep

• Before starting, wash and dry all produce.

- Add **10 cups hot water** to a large pot. Cover and bring to a boil over high heat.
- While **water** comes to a boil, thinly slice **2 tbsp** (4 tbsp) **green onion tops**.
- Cut **remaining green onions** into 1-inch pieces.
- Core, then cut **pepper** into ¼-inch strips.
- Cut **bok choy** into 1-inch pieces.
- Peel, then mince or grate **1 tbsp** (2 tbsp) **ginger**.
- Combine **vegetarian oyster sauce**, **soy sauce**, **sweet chili sauce** and **¼ cup** (½ cup) **water** in a large bowl.

4

Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **remaining sesame oil**, **green onion pieces** and **ginger**. Cook, stirring constantly, until fragrant, 30 sec.
- Add **peppers** and **bok choy**. Season with **salt** and **pepper**.
- Cook, stirring often, until **veggies** soften slightly, 1-2 min.

2

Cook noodles

- Add **chow mein noodles** to the **boiling water**.
- Cook uncovered until tender, 1-2 min.
- Using a colander, drain **noodles**, then rinse under cold water, tossing to separate, until cool.
- Leave **noodles** in the colander to drain.

5

Finish noodles

- Add **chicken** and **sauce** to the pan with **veggies**. Bring **sauce** to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Add **noodles**. Season with **pepper**, to taste.
- Cook, tossing constantly, until **noodles** are warmed through and coated, 2-3 min.

3

Cook chicken

+ Add | Shrimp

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- When hot, add **half the sesame oil**, then **chicken**.
- Cook, stirring occasionally, until golden-brown and cooked through, 4-5 min.**
- Transfer **chicken** to the large bowl with **sauce mixture**, then toss to coat.

6

Finish and serve

+ Add | Shrimp

- Divide **noodles** between bowls.
- Sprinkle **sliced green onion tops** and **cashews** over top.

Measurements
within steps

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

3 | Cook shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 3) over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer to a plate. Cover to keep warm. Reuse the same pan to make **sauce** in step 4.

6 | Finish and serve

+ Add | Shrimp

Top final plates with **shrimp**.

** Cook chicken and shrimp 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.



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