



Honey-Garlic Veggie Noodles

with Broccoli and Cashews

Veggie Spicy 30 Minutes



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Chow Mein Noodles



Honey-Garlic Sauce



Garlic Powder



Soy Sauce



Cashews



Moo Shu Spice Blend



Broccoli, florets



Carrot, julienned



Sweet Bell Pepper



Chili-Garlic Sauce



Plant-Based
Mayonnaise



Green Onion

HELLO CASHEWS

Rich and buttery, this versatile tree nut pairs perfectly with sweet and savoury dishes!

Start here

Before starting, wash and dry all produce.

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

Heat Guide for Step 3:

- Mild: ½ tbsp (1 tbsp)
- Medium: 1 tbsp (2 tbsp)
- Spicy: 1 ½ tbsp (3 tbsp)
- Extra-spicy: 2 tbsp (4 tbsp)

Bust out

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

Ingredients

	2 Person	4 Person
Chow Mein Noodles	200 g	400 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Garlic Powder	1 tsp	2 tsp
Soy Sauce	4 tbsp	8 tbsp
Cashews	28 g	56 g
Moo Shu Spice Blend	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Carrot, julienned	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Chili-Garlic Sauce 🌶️	1 ½ tbsp	3 tbsp
Plant-Based Mayonnaise	2 tbsp	4 tbsp
Green Onion	2	4
Oil*		
Salt and Pepper*		

* Pantry items

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.



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1



Cook noodles and blanch broccoli

- Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, cut **broccoli florets** into bite-size pieces.
- Add **chow mein noodles** to the **boiling water**. Cook uncovered until tender, 30 sec-1 min.
- Add **broccoli** to the pot with **noodles**. Cook until **broccoli** turns bright green, 30 sec.
- Drain **noodles** and **broccoli**, then rinse under warm water, 15 sec. (**TIP**: Rinsing noodles helps to keep them from sticking together!)
- Set aside to drain.

4



Cook veggies

- Heat the same pan (from step 2) over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**. Cook, stirring often, until **peppers** soften slightly, 1-2 min.
- Add **carrots** and **green onion whites**. Season with **salt** and **pepper**. Cook, stirring often, until **carrots** soften slightly, 1-2 min.

2



Toast cashews

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **cashews** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on cashews so they don't burn!)
- Transfer **cashews** to a plate.

5



Finish noodles

- Stir **noodle sauce** into the pan with **veggies**, then bring to a simmer.
- Once simmering, add **noodles** and **broccoli**. Cook, tossing **noodles** often, until **noodles** are coated in **sauce** and **veggies** are tender-crisp, 1-2 min.

3



Prep and make noodle sauce

- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Whisk together **garlic powder**, **Moo Shu Spice Blend**, **soy sauce**, **honey-garlic sauce**, **half the mayo** (use all for 4 ppl), **2 tbsp** (4 **tbsp**) **water** and **1 ½ tbsp chili-garlic sauce** in a small bowl. (**NOTE**: Reference heat guide.) (**TIP**: It's okay if the mixture doesn't completely combine in this step!)

6



Finish and serve

- Roughly chop **cashews**.
- Divide **noodles** between bowls.
- Sprinkle **cashews** and **remaining green onions** over top.

Dinner Solved!