



INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



1 | 2
Lime



4.5 oz | 9 oz
Lo Mein Noodles
Contains: Wheat



10 oz | 20 oz
Chopped Chicken
Breast



1 tsp | 2 tsp
Garlic Powder



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



1 oz | 2 oz
Sweet Thai
Chili Sauce



1 tsp | 2 tsp
Korean Chili
Flakes



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 580

SWEET & SPICY CHICKEN LO MEIN

with Broccoli & Lime



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 660



HELLO


LO MEIN

These long egg noodles have a tender, springy texture that's perfect for stir-fries.

DO NOT DISTURB

Letting the chicken cook for a minute or two without stirring helps it develop delicious browned spots; stirring too much will cause it to steam instead.

BUST OUT

- Medium pot
- Zester
- Strainer
- Large pan
- Paper towels 

- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

MORE IS MORE


If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Chicken is fully cooked when internal temperature reaches 165°.

 *Shrimp are fully cooked when internal temperature reaches 145°.




1 PREP

- Bring a medium pot (**large pot for 4 servings**) of **salted water** to a boil. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Zest and quarter **lime**.



3 COOK CHICKEN & BROCCOLI

- While noodles cook, open package of **chicken*** and drain off any excess liquid.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken and **broccoli**; season with **garlic powder**, **salt**, and **pepper**. Cook, stirring occasionally, until chicken is browned and cooked through and broccoli is tender, 4-6 minutes. **TIP: If your broccoli isn't bright green after 2-3 minutes, cover the pan to help it cook!**
- Remove pan from heat. Add **sweet soy glaze**, **chili sauce**, **1 TBSP butter** (**2 TBSP for 4 servings**), and as many **chili flakes** as you like (**we used ½ tsp; 1 tsp for 4**); stir to combine.

 Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp for chicken.



2 COOK NOODLES

- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes, then drain.



4 FINISH & SERVE

- To pan with **chicken and broccoli**, add **drained noodles**, **lime zest**, and **juice from half the lime**; toss to coat. Taste and season with **salt**.
- Divide **chicken lo mein** between shallow bowls. Serve with **remaining lime wedges** on the side.

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