



SWEET HEAT BROCCOLI & CARROT LO MEIN

with Cashews & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



8 oz | 16 oz
Broccoli



1 oz | 2 oz
Cashews
Contains: Tree Nuts



4 oz | 8 oz
Shredded Carrots



1 tsp | 2 tsp
Garlic Powder



2 oz | 4 oz
Sweet Thai Chili
Sauce



½ oz | 1 oz
Vidalia Onion Paste



5 tsp | 5 tsp
Rice Wine Vinegar



2 TBSP | 2 TBSP
Soy Sauce
Contains: Soy, Wheat



4.5 oz | 9 oz
Lo Mein Noodles
Contains: Wheat



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THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

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: 690



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 760



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 570



HELLO

LO MEIN

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

DIVIDE & CONQUER

Why separate scallion whites from greens? The whites are firmer and more oniony—better for cooking; the greens are mild and tender, perfect for a garnish.

BUST OUT

- Large pot
- Large pan
- Small bowl
- Strainer
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 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.

HOW WAS YOUR MEAL?



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

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



1 PREP

- Bring a large pot of **water** to a boil. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens. Roughly chop **cashews**.
- Rinse **shrimp*** under cold water and pat dry with paper towels
- or open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken; season with **salt** and **pepper**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 COOK NOODLES

- While veggies cook, in a small bowl, combine **chili sauce**, **onion paste**, **half the vinegar**, **half the soy sauce**, and $\frac{1}{4}$ cup water (all the vinegar, all the soy sauce, and $\frac{1}{2}$ cup water for 4 servings).
- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes.
- Drain noodles, shaking off any excess water, and transfer to pan with **veggies**. Add **soy-chili mixture**, **half the cashews**, and **1 TBSP butter** (2 TBSP for 4). Toss until butter has melted and noodles are thoroughly coated, 30-60 seconds. Taste and season with **salt** and **pepper** if desired.

Add **shrimp** or **chicken** to pan along with **noodles**.



2 COOK VEGGIES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **broccoli**; season with **salt** and **pepper**. Cook, stirring frequently, until browned and tender, 4-7 minutes.
- Add **scallion whites**, **carrots**, and **garlic powder**. (TIP: If pan seems dry, add a drizzle of oil.) Cook, stirring frequently and lowering heat if browning too quickly, until veggies are just tender and fragrant, 1-2 minutes more.

Use pan used for shrimp or chicken here.



4 SERVE

- Divide **lo mein** between shallow bowls; garnish with **scallion greens** and **remaining cashews**. Serve.