



Cantonese-Style Noodles

with Beyond Meat®

Veggie 30 Minutes



Beyond Meat®



Chow Mein Noodles



Shanghai Bok Choy



Ginger



Garlic, cloves



Soy Sauce



Teriyaki Sauce



Green Onion



Coleslaw Cabbage Mix

HELLO BEYOND MEAT®

You won't believe the meat-like texture of this plant-based protein!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, large bowl, measuring cups, large pot, large non-stick pan, scissors, grater

Ingredients

| | 2 Person | 4 Person |
|----------------------|----------|----------|
| Beyond Meat® | 2 | 4 |
| Chow Mein Noodles | 200 g | 400 g |
| Shanghai Bok Choy | 226 g | 452 g |
| Ginger | 30 g | 60 g |
| Garlic, cloves | 1 | 2 |
| Soy Sauce | 2 tbsp | 4 tbsp |
| Teriyaki Sauce | 8 tbsp | 16 tbsp |
| Green Onion | 2 | 4 |
| Coleslaw Cabbage Mix | 170 g | 340 g |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



1 Prep

Add **10 cups 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 **bok choy** into ½-inch pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl).



4 Cook Beyond Meat®

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Beyond Meat®, ginger** and **garlic**. Cook, breaking up **Beyond Meat®** into smaller pieces, until cooked through and crispy, 5-6 min. ** Season with **salt** and **pepper**.



2 Cook noodles

Add **noodles** to the **boiling water**. Cook until tender, 2-3 min. Drain **noodles**, then rinse under warm water. Return **noodles** to the same pot, off heat. Using a pair of scissors, make a few cuts in the pot to cut up **noodles**. Set aside.



5 Assemble noodles

Remove the pan from heat, then add **veggies**, **teriyaki sauce**, **soy sauce** and **2 tbsp water** (dbl for 4 ppl) to **Beyond Meat®**. Stir until **sauce** thickens slightly, 1-2 min. Add **Beyond Meat® and veggie mixture** to the pot with **noodles**. Toss to coat.



3 Cook veggies

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy** and **coleslaw cabbage mix**. Cook, stirring often, until tender, 5-6 min. Transfer **veggies** to a large bowl, then cover to keep warm. Set aside.



6 Finish and serve

Divide **Cantonese-style noodles** between bowls. Sprinkle **green onions** over top.

Dinner Solved!