



# Chow Mein-Style Chicken

with Mixed Veggies

Family Friendly

Quick

Spicy

25 Minutes



Chicken Tenders



Chow Mein Noodles



Bok Choy, chopped



Coleslaw Cabbage Mix



Vegetarian Oyster Sauce



Soy Sauce



Sweet Chili Sauce



Sesame Oil



Ginger



Green Onions

## HELLO SESAME OIL

*This fragrant oil adds an irresistible aroma to any Asian-inspired dish!*

## Start here

- Before starting, wash and dry all produce.

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Chow Mein Noodles	200 g	400 g
Bok Choy, chopped	113 g	227 g
Coleslaw Cabbage Mix	170 g	340 g
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
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook 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.

## 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### 1 Prep

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 green onion tops** (dbl for 4 ppl). Cut **remaining green onions** into 1-inch pieces. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Combine **vegetarian oyster sauce, soy sauce, sweet chili sauce** and **¼ cup water** (dbl for 4 ppl) in a large bowl.



### 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.



### 3 Cook chicken

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**, then toss to coat.



### 4 Cook veggies

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), **remaining sesame oil, green onion pieces** and **ginger**. Cook, stirring constantly, until fragrant, 30 sec. Add **coleslaw cabbage mix** and **bok choy**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** soften slightly, 1-2 min.



### 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 in **sauce**, 2-3 min.



### 6 Finish and serve

Divide **noodles** between bowls. Sprinkle **sliced green onions** over top.

## Dinner Solved!