



Peanut-Sesame Chow Mein-Style Noodles

with Beef and Pork Mix

Family Friendly 30 Minutes

Customized Protein

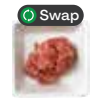
+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey
250 g | 500 g



Beyond Meat®
2 | 4



Ground Beef and Pork Mix
250 g | 500 g



Chow Mein Noodles
200 g | 400 g



Vegetable Mix
170 g | 340 g



Shanghai Bok Choy
1 | 2



Garlic, cloves
2 | 4



Hoisin Sauce
4 tbsp | 8 tbsp



Vegetarian Oyster Sauce
1/4 cup | 1/2 cup



Peanut Butter
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Black Sesame Seeds
7 g | 14 g



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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Pepper, oil, butter, salt

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, whisk

1



Prep

- Before starting, add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 servings). Cover and bring to a boil over high. Wash and dry all produce.
- Cut **bok choy** into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Cut any large **broccoli florets** into bite-sized pieces.
- Peel, then mince or grate **garlic**.

2



Make sauce

- To a medium bowl, add **peanut butter** and $\frac{1}{3}$ **cup** ($\frac{2}{3}$ cup) **warm water**. Whisk until smooth.
- Add **soy sauce**, **vegetarian oyster sauce** and **hoisin sauce**. Whisk to combine.

3



Cook veggies

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl the pan 30 sec, until melted.
- Add **bok choy** and **vegetable mix**. Season with **salt** and **pepper**. Cook for 3-4 min, stirring often, until tender-crisp. Transfer to a plate.

4



Cook noodles

- Meanwhile, add **chow mein noodles** to the boiling water. Cook uncovered for 1-2 min, until tender.
- Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat. Add **2 tsp** (4 tsp) **oil**, then toss gently to coat.
- Using a pair of scissors, make a few cuts in the pot to cut up **noodles**. Set aside.

5



Cook meat

- [Swap](#) | [Ground Turkey](#)
- [Swap](#) | [Beyond Meat®](#)
- Return the same pan to medium-high.
- When hot, add **beef and pork mix** to the dry pan.
- Cook for 4-5 min, breaking up **meat** into smaller pieces, until no pink remains.**
- Add **garlic** and **2 tbsp** (4 tbsp) **water**. Cook for 30 sec, stirring often, until fragrant.
- Add **veggies** and **sauce mixture**. Stir to combine.

6



Finish and serve

- Add **noodles** to the pan with **meat** and **veggies**. Stir to coat.
- Divide **noodles** between bowls.
- Sprinkle **sesame seeds** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. 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.

5 | Cook meat

[Swap](#) | [Ground Turkey](#)

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef and pork mix**.**

5 | Cook Beyond Meat®

[Swap](#) | [Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef and pork mix**, breaking up **patties** into smaller pieces, until crispy.**

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