



Honey-Garlic Veggie Noodles

with Broccoli and Cashews

Veggie

Spicy

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)

+ Add



Chicken Breast
Tenders *
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Chow Mein
Noodles
200 g | 400 g



Honey-Garlic
Sauce
4 tbsp | 8 tbsp



Garlic Powder
2 g | 4 g



Soy Sauce
4 tbsp | 8 tbsp



Cashews,
chopped
28 g | 56 g



Moo Shu Spice
Blend
9 g | 18 g



Broccoli
227 g | 454 g



Carrot, julienned
56 g | 113 g



Sweet Bell
Pepper
1 | 2



Chili-Garlic Sauce
2 tbsp | 4 tbsp



Plant-Based
Mayonnaise
2 tbsp | 4 tbsp



Green Onion
2 | 4



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

1



Cook noodles and blanch broccoli

- Before starting, wash and dry all produce.
- To a large pot, add **10 cups hot water** and **2 tsp salt** (use same for 4 servings). Cover and bring to a boil over high.
- Meanwhile, cut **broccoli florets** into bite-sized pieces.
- Add **chow mein noodles** to the boiling water. Cook uncovered for 30 sec-1 min, until tender.
- Add **broccoli** to the pot with **noodles**. Cook for 30 sec, until **broccoli** turns bright green.
- Drain **noodles** and **broccoli**, then rinse under warm water for 15 sec. (**TIP:** Rinsing noodles helps to keep them from sticking together.)
- Set aside to drain.

2



Toast cashews

- Meanwhile, heat a large non-stick pan over medium.
- When hot, add **cashews** to the dry pan. Toast for 4-5 min, stirring often, until golden. (**TIP:** Keep your eye on cashews so they don't burn.)
- Transfer **cashews** to a plate.

3



Prep and make noodle sauce

- + Add | Shrimp**
- + Add | Chicken Breast Tenders**
- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onions**, keeping white and green parts separate.
- In a small bowl, whisk together **garlic powder**, **Moo Shu Spice Blend**, **soy sauce**, **honey-garlic sauce**, **half the mayo** (use all for 4 servings), **2 tbsp** (4 tbsp) **water** and **1 ½ tbsp** (3 tbsp) **chili-garlic sauce**. (**NOTE:** Like things spicy? Add more chili-garlic sauce.) (**TIP:** It's okay if the mixture doesn't completely combine in this step.)

4



Cook veggies

- Heat the same pan (from step 2) over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**. Cook for 1-2 min, stirring often, until **peppers** soften slightly.
- Add **carrots** and **green onion whites**. Season with **salt** and **pepper**. Cook for 1-2 min, stirring often, until **carrots** soften slightly.

5



Finish noodles

- + Add | Chicken Breast Tenders**
- + Add | Shrimp**
- Stir **noodle sauce** into the pan with **veggies**, then bring to a simmer.
- Once simmering, add **noodles** and **broccoli**. Cook for 1-2 min, tossing **noodles** often, until **noodles** are coated in **sauce** and **veggies** are tender-crisp.

6



Finish and serve

- Roughly chop **cashews**.
- Divide **noodles** between bowls.
- Sprinkle **cashews** and **remaining green onions** over top.

Measurements **1 tbsp** (2 **tbsp**) **oil**
within steps 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.

3 | Prep and make noodle sauce

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat the same large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer **shrimp** to a plate. Reuse the same pan to cook **veggies** in step 4.

3 | Prep and make noodle sauce

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, heat the same large non-stick pan over medium-high. While the pan is heating, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Pan-fry for 3-4 min per side, **chicken** is cooked through.** Remove to a plate. Use the same pan to cook **veggies**.

5 | Finish noodles

+ Add | Chicken Breast Tenders

Add **chicken** to the pan with **noodles** and **broccoli**.

5 | Finish noodles

+ Add | Shrimp

Add **shrimp** to the pan with **noodles** and **broccoli**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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