



Beyond Meat® and Peppers with Crispy Sesame Chow Mein Noodles

VEGGIE 35 Minutes



Beyond Meat®



Crispy Sesame Chow Mein Noodles



Green Bell Pepper



Onion, sliced



Cornstarch



Vegetarian Oyster Sauce



Sesame Oil



Soy Sauce



Green Onions



Green Peas

HELLO BEYOND MEAT®

You won't believe this plant-based burger isn't meat!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Measuring Spoons, Strainer, Whisk, Spatula, Medium Bowl, Measuring Cups

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Chow Mein Noodles	200 g	400 g
Green Bell Pepper	200 g	400 g
Onion, sliced	56 g	113 g
Cornstarch	1 tbsp	2 tbsp
Vegetarian Oyster Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	1 tbsp
Soy Sauce	1 tbsp	2 tbsp
Green Onions	2	4
Green Peas	56 g	113 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. COOK NOODLES

Rinse **noodles** in **warm water** until separated. Drain well. Heat a large non-stick pan over medium-high heat. When hot, add **1 ½ tbsp oil** (dbl for 4 ppl), then **noodles**. Cook, stirring often, until crispy, 4-5 min. Remove pan from the heat and transfer noodles to a plate. Set aside.



2. PREP & MAKE SESAME SAUCE

Core, then cut **peppers** into ½-inch slices. Thinly slice **green onion**. Whisk together **sesame oil, vegetarian oyster sauce, soy sauce, cornstarch** and **½ cup water** (dbl for 4 ppl) in a medium bowl. Set aside.



3. COOK VEGGIES

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Transfer to another plate.



4. COOK BEYOND MEAT®

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then add the **Beyond Meat®**. Season with **salt** and **pepper**. Break up patties into bite-sized pieces with a spatula. Cook, stirring often, until slightly crispy, 5-6 min.**



5. ASSEMBLE STIR-FRY

Add **veggies** to the pan with **Beyond Meat®**, then the **peas** and **sesame sauce**. Remove the pan from heat. Stir together, until slightly thickened, 2-3 min. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Divide **crispy noodles** between plates. Top with **Beyond Meat® stir-fry** and sprinkle over **green onions**.

Dinner Solved!

Contact

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