



Cantonese Noodles

with Beyond Meat®

Veggie

30 Minutes



Beyond Meat®



Chow Mein Noodles



Chinese Gai Lan



Vegetarian
Oyster Sauce



Hoisin Sauce



Green Onions



Sweet Bell Pepper

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

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Chow Mein Noodles	200 g	400 g
Chinese Gai Lan	113 g	226 g
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Hoisin Sauce	¼ cup	½ cup
Green Onions	2	4
Sweet Bell Pepper	160 g	320 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.

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1



Prep

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While the water comes to a boil, roughly chop **gai lan**. Core, then cut **pepper** into ¼-inch strips. Thinly slice the **green onions**.

2



Cook noodles

Add **noodles** to the **boiling water**. Cook, until tender, 2-3 min. Drain and rinse **noodles** 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 the **noodles**. Set aside.

3



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **gai lan** and **peppers**. Cook, stirring often, until tender, 4-5 min. Transfer **veggies** to a large bowl and set aside. Cover to keep warm.

4



Cook Beyond Meat®

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

5



Assemble Cantonese noodles

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

6



Finish and serve

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

Dinner Solved!