













Cantonese-Style Noodles

with Beyond Meat®

Veggie 30 Minutes



-  Beyond Meat®
-  Chow Mein Noodles
-  Broccoli, florets
-  Ginger
-  Garlic
-  Soy Sauce
-  Hoisin Sauce
-  Green Onions
-  Sweet Bell Pepper
-  Green Beans

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, grater

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Chow Mein Noodles	200 g	400 g
Broccoli, florets	227 g	454 g
Ginger	30 g	60 g
Garlic	3 g	6 g
Soy Sauce	2 tbsp	4 tbsp
Hoisin Sauce	¼ cup	½ cup
Green Onions	2	4
Sweet Bell Pepper	160 g	320 g
Green Beans	170 g	340 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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Prep

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, trim then halve **green beans**. Core, then cut **pepper** into ¼-inch slices. Cut **broccoli** into bite-size pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl).



Cook Beyond Meat®

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Beyond Meat®, ginger** and **garlic**. Cook, breaking up **Beyond Meat®** into smaller pieces, until cooked through, 5-6 min.** Season with **salt** and **pepper**.



Cook noodles

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



Assemble Cantonese-style noodles

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



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli, green beans** and **peppers**. Cook, stirring often, until tender, 5-6 min. Transfer **veggies** to a large bowl and cover to keep warm. Set aside.



Finish and serve

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

Dinner Solved!