



# Cantonese-Style Noodles

with Beyond Meat®

Veggie 30 Minutes



Beyond Meat®



Chow Mein Noodles



Shanghai Bok Choy



Ginger



Garlic, cloves



Soy Sauce



Teriyaki Sauce



Green Onion



Coleslaw Cabbage Mix

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, grater

### Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Chow Mein Noodles	200 g	400 g
Shanghai Bok Choy	226 g	452 g
Ginger	30 g	60 g
Garlic, cloves	1	2
Soy Sauce	2 tbsp	4 tbsp
Teriyaki Sauce	8 tbsp	16 tbsp
Green Onion	2	4
Coleslaw Cabbage Mix	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 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.*

### Contact

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### 1 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. Meanwhile, cut **bok choy** into ½-inch pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl).



### 4 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 and crispy, 5-6 min. \*\* Season with **salt** and **pepper**.



### 2 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 **noodles**. Set aside.



### 5 Assemble noodles

Remove the pan from heat, then add **veggies**, **teriyaki 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 pot with **noodles**. Toss to coat.



### 3 Cook veggies

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



### 6 Finish and serve

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

## Dinner Solved!