



JAN
2017

Cheeky Chicken Chow Mein

with Broccoli and Water Chestnuts

Chicken Chow Mein is a classic Chinese dish that has been adopted around the world, and Chow Mein simply means 'fried noodles'. Our version contains crunchy water chestnuts and cabbage in a delicious sauce!

 Prep
30 min

 level 1



Chicken Thighs



Long Noodle



Broccoli



Water Chestnuts



Coleslaw



Green Onions



Garlic



Oyster Sauce



Sesame Oil



Long Red Chili



Ginger



Soy Sauce

Ingredients

	2 People	4 People	*Not Included
Chicken Thighs, cubed	1 pkg (340 g)	2 pkg (680 g)	
Long Noodles	1) 1 pkg (170 g)	2 pkg (340 g)	Allergens
Broccoli Rosettes	1 pkg (170 g)	2 pkg (340 g)	1) Wheat/Blé
Water Chestnuts, sliced	1 can	2 cans	2) Soy/Soja
Coleslaw	1 pkg (85 g)	2 pkg (170 g)	3) Fish/Poisson
Green Onions	2	4	4) Sesame/Sésame
Garlic	1 pkg (10 g)	2 pkg (20 g)	
Oyster Sauce	2) 3) 1 pkg (3 tbsp)	2 pkg (6 tbsp)	Tools
Sesame Oil	4) 1 pkg (1 tbsp)	2 pkg (2 tbsp)	Medium Pot, Large
Long Red Chili 	1	2	Non-Stick Pan,
Ginger	30 g	60 g	Measuring Spoons
Soy Sauce	1) 2) 1 pkg (1 tsp)	2 pkg (2 tsp)	

Nutrition per person Calories: 848 cal | Fat: 35 g | Protein: 45 g | Carbs: 89 g | Fibre: 9 g | Sodium: 1008 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Drain and rinse the **water chestnuts**. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people.) Thinly slice the **green onion**. Finely chop the **chili**, removing the seeds for less heat, if using.

1



2 Cook the noodles and broccoli: Add the **noodles** to the boiling water and cook 7-8 min. Add the **broccoli** to the noodles and cook until noodles are al dente and broccoli is tender-crisp, 1-2 min further. Drain and rinse the noodles with cold water to prevent the noodles from sticking.

3



3 Cook the chicken: Heat a large non-stick pan over medium-high heat. Season the **chicken** with **salt** and **pepper**. Add the **sesame oil**, then the **chicken, garlic, ginger** and **half the green onions**. Cook, stirring occasionally, until the chicken is golden-brown all over, 4-5 min.

4 Add the **coleslaw, water chestnuts, soy sauce, oyster sauce, broccoli** and **noodles**. Stir together.

5 Finish and serve: Divide the **chow mein** between bowls. Sprinkle with **remaining green onions** and as much **chili** as you dare. Enjoy!

DID YOU KNOW? Water chestnuts are not actually nuts, but vegetables that grow under water in and around marshes!

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Ruler

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