



Chow Mein-Style Chicken with Mixed Veggies

Family Friendly

Quick

25 Minutes



Chicken Tenders



Chow Mein Noodles



Cornstarch



Garlic



Green Onions



Vegetarian Oyster Sauce



Coleslaw Cabbage Mix



Soy Sauce



Sesame Oil

HELLO SESAME OIL

This fragrant oil adds an irresistible aroma to any Asian-inspired dish!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, colander, measuring spoons, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	340 g	680 g
Chow Mein Noodles	200 g	400 g
Cornstarch	1 tbsp	2 tbsp
Garlic	3 g	6 g
Green Onions	2	4
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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 hot water** to a large pot. Cover and bring to a boil over high heat. While **water** comes to a boil, thinly slice **green onions**, keeping green and white parts separate. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken** to a medium bowl. Season with **salt** and **pepper**. Add **half the cornstarch, half the soy sauce** and **¼ tsp sugar** (dbl for 4 ppl), then stir to coat.



4 Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl) and **remaining sesame oil**, then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 4-5 min.**



2 Cook noodles

Add **chow mein noodles** to the **boiling water**. Cook uncovered until tender, 1-2 min. Drain **noodles** using a colander, then rinse under **cold water** until **noodles** are cool. Leave **noodles** in colander to drain.



5 Cook veggies

Add **white parts of green onions** and **garlic** to the pan with **chicken**. Cook, stirring constantly, until fragrant, 30 sec. Add **coleslaw cabbage mix**. Season with **salt**. Cook, stirring often, until **veggies** soften slightly, 1-2 min.



3 Make sauce

While **noodles** cook, combine **remaining cornstarch, remaining soy sauce, oyster sauce, half the sesame oil, 2 tbsp water** and **¼ tsp sugar** (dbl both for 4 ppl) in a small bowl.



6 Finish and serve

Stir **sauce** in small bowl to reincorporate **cornstarch**. Add **sauce** to the pan with **chicken and veggies**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Add **noodles**. Season with **pepper**, then toss to combine. Divide **noodles** between plates. Sprinkle **remaining green onions** over top.

Dinner Solved!