



# Chicken Tender Satay

with Peanut Veggie Noodles

FAMILY

35 Minutes



Chicken Tenders



Moo Shu Spice Blend



Peanut Butter



Ramen Noodles



Peanuts, chopped



Soy Sauce



Lime



Shanghai Bok Choy

## HELLO PEANUTS!

*Peanuts add the perfect amount of crunch to this dish!*

# Start Strong

Before starting, preheat your broiler to high and wash and dry all produce.

## Bust Out

Baking Sheet, Large Non-Stick Pan, Large Pot, Paper Towels, Strainer, Whisk, Medium Bowl, Aluminum Foil, Small Bowl, Measuring Cups, Measuring Spoons

## Ingredients

	4 Person
Chicken Tenders	680 g
Moo Shu Spice Blend	2 tsp
Peanut Butter	3 tbsp
Ramen Noodles	400 g
Peanuts, chopped	28 g
Soy Sauce	2 tbsp
Lime	1
Shanghai Bok Choy	340 g
Sugar*	1 tsp
Oil*	
Salt and Pepper*	

\* Pantry items

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

## 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. COOK NOODLES

Add **10 cups water** to a large pot. Cover and bring to a boil over high heat. While waiting for the **water** to boil, cut the **bok choy** into 1-inch pieces. Set aside. When the **water** is boiling, add **noodles** to the **boiling water**. Cook, until tender, 2-3 min. Reserve **¼ cup pasta water**, before draining the **noodles**. Rinse **noodles** under **warm water**.



### 4. MAKE SATAY SAUCE

Juice **half the lime**. Cut the **remaining lime** into wedges. Whisk together the **peanut butter**, **lime juice**, **soy sauce**, **remaining spice blend**, **2 tsp sugar** and the **reserved pasta water** in a medium bowl. Set aside.



### 2. BROIL CHICKEN

Pat the **chicken** dry with paper towel. Arrange **chicken** on a foil-lined baking sheet. Toss with **half the spice blend** and **1 tbsp oil**. Season with **salt** and **pepper**. Cook in **middle** of the oven, flipping once halfway, until cooked through, 10-12 min.\*\*



### 5. COOK BOK CHOY

Heat the same pan over medium heat. Add **1 tbsp oil**, then the **bok choy**. Cook, stirring often, until tender-crisp, 2-3 min. Season with **salt** and **pepper**. Remove from heat. Add the **noodles** and **half the satay sauce**. Toss to combine and set aside.



### 3. TOAST PEANUTS

While the **chicken** cooks, heat a large non-stick pan over medium heat. Add the **peanuts** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



### 6. FINISH AND SERVE

When the **chicken** is cooked, toss the **chicken** and **half the peanuts** into the **remaining satay sauce** in the medium bowl. Divide the **noodles** and **bok choy** between plates. Top with the **chicken**, pouring over any **remaining satay sauce** from the bowl. Sprinkle over the **remaining peanuts**. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!