



Pork and Veggie Chow Mein

with Toasted Sesame Seeds

Spicy

30 Minutes



Pork Chops,
boneless



Chow Mein Noodles



Vegetarian Oyster
Sauce



Soy Sauce



Green Onion



Coleslaw Cabbage Mix



Sweet Bell Pepper



Sesame Oil



Ginger



Sesame Seeds



Sweet Chili Sauce

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

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chow Mein Noodles	200 g	400 g
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Green Onion	2	4
Coleslaw Cabbage Mix	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Sesame Oil	1 tbsp	2 tbsp
Ginger	15 g	30 g
Sesame Seeds	1 tbsp	2 tbsp
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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.

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1



Prep

Add **10 cups hot water** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, cut **green onions** into 1-inch pieces. Core, then cut **pepper** into ¼-inch slices. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Pat **pork** dry with paper towels, then cut into ¼-inch strips widthwise. Season with **salt** and **pepper**.

4



Cook pork

Heat the same pan (from step 2) over medium-high. When hot, add **½ tbsp oil**, then **pork** and **half the ginger**. (**NOTE:** Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using ½ tbsp oil and a quarter of the ginger per batch.) Pan-fry, stirring occasionally, until **pork** is cooked through, 4-5 min. ****** Transfer **pork** to a plate. Carefully discard any excess fat, then wipe the pan clean.

2



Toast sesame seeds and make sauce

Heat a large non-stick pan over medium heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!) Transfer to a plate. While **sesame seeds** toast, combine **vegetarian oyster sauce**, **soy sauce**, **sweet chili sauce** and **¼ cup water** (dbl for 4 ppl) in a small bowl.

5



Cook veggies

Heat the same pan over medium-high. When hot, add **sesame oil**, then **peppers**, **green onions** and **remaining ginger**. Cook, stirring often, until **veggies** soften slightly, 2-3 min. Add **coleslaw cabbage mix**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min.

3



Cook noodles

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

6



Finish and serve

Add **sauce** from the small bowl to the pan with **veggies**. Bring to a simmer, stirring often. Once simmering, add **noodles** and **pork**. Season with **pepper**, to taste. Cook, tossing often, until **noodles** are warmed through and coated in **sauce**, 2-3 min. Divide **noodles** between plates. Sprinkle **sesame seeds** over top.

Dinner Solved!