



# Shrimp and Kale Chow Mein

with Bacon Crumble

**FAMILY** 20 Minutes



Shrimp



Bacon Strips



Chow Mein Noodles



Oyster-Soy Sauce



Vegetable Broth Concentrate



Cornstarch



Kale, chopped



Onion, sliced



Carrot, julienned



Garlic Salt

## HELLO CHOW MEIN

*Crispy, chewy and perfect for 20 min meals!*

# Start Strong

Before starting, preheat your broiler to high and wash and dry all produce. Rinse the noodles under warm water until separated. Drain and rinse the shrimp

## Bust Out

Baking Sheet, Large Bowl, Large Non-Stick Pan, Measuring Cups, Paper Towels, Slotted Spoon, Whisk, Medium Bowl, Measuring Spoons, Small Bowl

## Ingredients

	4 Person
Shrimp	570 g
Bacon Strips	200 g
Chow Mein Noodles	400 g
Oyster-Soy Sauce	¼ cup
Vegetable Broth Concentrate	1
Cornstarch	1 tbsp
Kale, chopped	227 g
Onion, sliced	113 g
Carrot, julienned	113 g
Garlic Salt	1 ½ tsp
Salt and Pepper*	
Oil*	

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

\*\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.*

## Contact

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### 1. COOK BACON

Pat **bacon** dry with paper towels, then cut into ½-inch pieces. Heat a large non-stick pan over medium-high heat. When hot, add **bacon** to the dry pan. Cook, stirring occasionally, until crispy, 5-7 min.\*\* Remove **bacon** to a paper-lined plate. Set aside. Pour **all but 1 tbsp fat** into a small bowl.



### 4. MIX SAUCE

While **shrimp** cooks, whisk together the **oyster-soy sauce, cornstarch, broth concentrate, 1 cup water** and **remaining garlic salt** in a medium bowl. Set aside.



### 2. COOK NOODLES

Add **half the noodles** to the pan with **bacon fat**. Cook, stirring occasionally, until crispy, 4-5 min. Transfer to a large bowl. Repeat with **1 tbsp bacon fat** from the small bowl and **remaining noodles**. Transfer to the same large bowl.



### 5. COOK SAUCE

When **noodles** are finished cooking, add **oyster-soy mixture** to the same pan. Remove pan from heat. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.



### 3. BROIL VEGGIES & SHRIMP

While **noodles** cook, pat **shrimp** dry with paper towels, then season with **half the garlic salt** and **pepper**. Toss **kale, carrots, onions** and **1 tbsp oil** on a baking sheet. Top with **shrimp**. Broil in **middle** of oven, until **shrimp** just turns pink and **veggies** are tender-crisp, 7-8 min.\*\*\*



### 6. FINISH AND SERVE

Divide **noodles** between plates. Top with **shrimp** and **veggies**. Drizzle over **sauce**. Sprinkle over **bacon**.

## Dinner Solved!