



# Shrimp Chow Mein

with Bok Choy

Quick

Spicy

25 Minutes



Shrimp



Chow Mein Noodles



Green Peas



Shanghai Bok Choy



Cornstarch



Sweet Chili Sauce



Vegetarian Oyster  
Sauce



Garlic



Onion, chopped



Green Onions



Sweet Bell Pepper

## HELLO SHRIMP

*Our shrimp are sourced sustainably to help preserve the health of our oceans!*

## 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
Shrimp	285 g	570 g
Chow Mein Noodles	200 g	400 g
Green Peas	113 g	227 g
Shanghai Bok Choy	113 g	226 g
Cornstarch	2 tbsp	4 tbsp
Sweet Chili Sauce 🌶	4 tbsp	8 tbsp
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Garlic	6 g	12 g
Onion, chopped	56 g	113 g
Green Onions	1	2
Sweet Bell Pepper	160 g	320 g
Sugar*	1 tsp	2 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 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.

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### Prep

Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, thinly slice **green onions**. Peel, then mince or grate **garlic**. Core, then cut **pepper** into  $\frac{1}{4}$ -inch slices. Cut **bok choy** into  $\frac{1}{4}$ -inch pieces.



### 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.



### Make sauce

While **noodles** cook, add **sweet chili sauce**, **vegetarian oyster sauce**, **cornstarch**, **1 tsp sugar** and  **$\frac{1}{3}$  cup water** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



### Cook shrimp

Drain and rinse **shrimp**, using a colander. Pat dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add  **$\frac{1}{2}$  tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. \*\* Transfer to a plate.



### Cook veggies and sauce

Heat the same pan over medium-high. When hot, add  **$\frac{1}{2}$  tbsp oil** (dbl for 4 ppl), then **onions**, **garlic**, **peppers**, **peas** and **bok choy**. Season with **salt** and **pepper**. Cook, stirring often, until **peppers** and **bok choy** are tender-crisp, 3-5 minutes. Reduce heat to medium. Stir in **shrimp** and **sauce**. Bring to a simmer and cook until **sauce** thickens slightly, 2-3 min.



### Finish and serve

Add **noodles** to the pan, then toss to coat. Divide **chow mein** between bowls. Sprinkle **green onions** over top.

**Dinner Solved!**