



# Sticky Black Bean Chow Mein

with Roasted Bok Choy and Peppers

**VEGGIE** 25 Minutes



Black Beans



Chow Mein Noodles



Sweet Bell Pepper



Shanghai Bok Choy



Ginger



Garlic



Peanuts, chopped



Hoisin-Soy Sauce Blend



Cornstarch



Vegetarian Oyster Sauce



Green Onions

**HELLO VEGETARIAN OYSTER SAUCE**

*Sticky, sweet and perfect for coating noodles!*

# Start Strong

Before starting, wash and dry all produce.

## Bust Out

Large Bowl, Large Non-Stick Pan, Strainer, Whisk, Microplane/Zester, Measuring Cups, Measuring Spoons

## Ingredients

	2 Person	4 Person
Black Beans	1 can	2 can
Chow Mein Noodles	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	200 g	400 g
Ginger	30 g	60 g
Garlic	6 g	12 g
Peanuts, chopped	28 g	56 g
Hoisin-Soy Sauce Blend	¼ cup	½ cup
Cornstarch	1 tbsp	2 tbsp
Vegetarian Oyster Sauce	¼ cup	½ cup
Green Onions	2	4
Oil*		
Salt and Pepper*		

\* Pantry items

## 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.*



## 1. PREP

Add **10 cups water** and **2 tsp salt** to a large pot (**NOTE:** use the same amounts for 4ppl). Cover and bring to a boil over high heat. While **water** boils, roughly chop **bok choy**. Core, then cut **peppers** into ¼-inch pieces. Peel, then finely grate **1 tbsp ginger**. Thinly slice the **green onion**. Peel, then mince the **garlic**.



## 4. COOK PEPPERS

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then the **peppers**. Cook, stirring often, until tender, 2-3 min.



## 2. MAKE SAUCE

Whisk together the **hoisin-soy, oyster sauce, garlic, ginger, cornstarch** and **¼ cup water** (dbl for 4ppl) in a large bowl until combined. Set aside.



## 5. COOK BOK CHOY

Add **bok choy** to the pan. Cook, stirring often, until tender-crisp, 2-3 min. Add **sauce mixture** and **black beans with can liquid**. Cook, stirring often, until **sauce** slightly thickens, 2-3 min. Add **veggie sauce mixture** to the pot with **noodles** and toss to coat.



## 3. COOK NOODLES

Add **noodles** to the **boiling water**. Cook, until tender, 2-3 min. Drain and rinse **noodles** under **warm water**. Return **noodles** to the same pot. Set aside.



## 6. FINISH AND SERVE

Divide the **black bean noodles** between plates. Sprinkle over the **green onions** and **peanuts**.

# Dinner Solved!

## Contact

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