

# HELLO Sweet 'n' Savoury Beef and Pork Noodles

with Coleslaw Cabbage Mix

Family Friendly

25-35 Minutes





Protein Shreds

250g | 500g 200g | 400g









If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫





**Ground Beef and** Pork Mix



250 g | 500 g









Cabbage Mix 170 g | 340 g





Green Onion 1 | 2



Garlic, cloves



Vegetarian Oyster



2 | 4

Sauce 4 tbsp | 8 tbsp

**Ginger Sauce** 

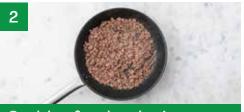
4 tbsp | 8 tbsp

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 🗗 is 🕰 restaurable lifts 🗠 Ingredients are packaged in a facility that also handles egg 🗗 is 🛣 restaurable lifts 🛣 restaurable lifts but also handles egg restaurable egg restaurable lifts but also handles egg restaurable lifts but also han Cooking utensils | Colander, measuring spoons, small bowl, measuring cups, whisk, large pot, large non-stick pan



# Boil water and prep

- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Before starting, wash and dry all produce.
- Core, then cut **pepper** into 1/4-inch slices.
- Thinly slice green onion.
- Peel, then mince or grate garlic.



# Cook beef and pork mix

Swap | Ground Turkey

#### O Swap | Plant-Based Protein Shreds

- Heat a large non-stick pan over medium-high heat.
- When hot, ½ tbsp (1 tbsp) oil, then beef and pork mix, half the garlic and 1 tbsp (2 tbsp) oyster sauce.
- Cook, breaking up meat into smaller pieces, until no pink remains, 4-5 min.\*\*
- Remove from heat. Season with salt and pepper.
- Transfer to a plate, then cover to keep warm.
- Carefully wipe the pan clean.



# Cook veggies

- Reheat the same pan over medium-high.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then peppers and remaining garlic.
- Cook, stirring often, until peppers are tendercrisp, 3-4 min.



#### Cook noodles

- Meanwhile, add **chow mein noodles** to the **boiling water**. Cook uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat. Add 1/2 tbsp (1 tbsp) oil, then gently toss to coat.
- Using a pair of scissors, make a few cuts to chop up noodles.
- Set aside.



#### Cook sauce

- Add ginger sauce, remaining oyster sauce and ½ cup (1 cup) water to a small bowl. Season with **pepper**, then whisk to combine.
- Add coleslaw cabbage mix and prepared **sauce** to the pan with **peppers**, then bring to a simmer. Cook, stirring occasionally, until sauce thickens slightly and coleslaw cabbage mix is tender-crisp, 1-2 min.
- Remove from heat.



## Finish and serve

- Add veggies, sauce and beef and pork mix to the pot with **noodles**. Season with **salt** and **pepper**, then toss to combine.
- Divide **noodles** and **any sauce** from the pot between bowls.
- Sprinkle green onions over top.



1 tbsp (2 tbsp)

oil

# 2 | Cook turkey

### Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the beef and pork.\*\*

# 2 | Cook plant-based protein

#### Swap | Plant-Based Protein Shreds

If you've opted to get **protein shreds**, cook and plate the same way as the recipe instructs you to cook and plate the **beef and pork mix**, tossing occasionally until cooked through, 6-8 min.\*\*



Issue with your meal? Scan the QR code to share your feedback.