



Sweet 'n' Savoury Beef and Pork Noodles

with Coleslaw Cabbage Mix

Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

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](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Ground Turkey 250g 500g	Plant-Based Protein Shreds 200g 400g



Ground Beef and Pork Mix 250g 500g	Chow Mein Noodles 200g 400g
Coleslaw Cabbage Mix 170g 340g	Sweet Bell Pepper 1 2
Green Onion 1 2	Garlic, cloves 2 4
Vegetarian Oyster 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, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Colander, measuring spoons, small bowl, measuring cups, whisk, large pot, large non-stick pan

1



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 ¼-inch slices.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

2



Cook beef and pork mix

Swap | **Ground Turkey**

Swap | **Plant-Based Protein Shreds**

- Heat a large non-stick pan over medium-high heat.
- When hot, ½ **tblsp** (1 **tblsp**) **oil**, then **beef and pork mix**, **half the garlic** and **1 tblsp** (2 **tblsp**) **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.

3



Cook veggies

- Reheat the same pan over medium-high.
- When the pan is hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **peppers** and **remaining garlic**.
- Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.

4



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 ½ **tblsp** (1 **tblsp**) **oil**, then gently toss to coat.
- Using a pair of scissors, make a few cuts to chop up **noodles**.
- Set aside.

5



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.

6



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.

Measurements
within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

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.**

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



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