



Tofu Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Veggie

25-35 Minutes



Tofu
1 | 2



Chow Mein Noodles
200 g | 400 g



Shanghai Bok Choy
1 | 2



Moo Shu Spice Blend
1 tbsp | 2 tbsp



Vegetarian Oyster Sauce
4 tbsp | 8 tbsp



Carrot
1 | 2



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Peanuts, chopped
28 g | 56 g

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.

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Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Oil, salt, pepper, sugar

Cooking utensils | Vegetable peeler, measuring spoons, strainer, measuring cups, large pot, large non-stick pan, paper towels

Measurements
within steps

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

1



Prep

- Before starting, wash and dry all produce.
- Peel, then cut **carrot** into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces.
- Pat **tofu** dry with paper towels, then cut into 1-inch pieces.
- Sprinkle **half the Moo Shu Spice Blend** over **tofu**, then season with **salt** and **pepper**.

2



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on peanuts so they don't burn!)
- Transfer to a plate.

3



Cook tofu

- Add **1 tbsp oil** to the same pan, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook tofu in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until crispy and golden-brown all over, 6-7 min.
- Meanwhile, add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

4



Cook veggies and assemble stir-fry

- Reduce heat to medium, then add **carrots** to the same pan. Cook, stirring often, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.
- Add **tofu, vegetarian oyster sauce, honey-garlic sauce, ¼ tsp (½ tsp) sugar, 2 tbsp (4 tbsp) water** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until **sauce** thickens, 2-3 min. Remove from heat.

5



Cook noodles

- Meanwhile, add **noodles** to the **boiling water**. Cook uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under **warm water**.
- Drain well, then return to the large pot.

6



Finish and serve

- Add **half the peanuts** and **stir-fry mixture** to the pot with **noodles**. Toss to combine.
- Divide **noodles** between bowls.
- Sprinkle **remaining peanuts** over top.



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