



BELL PEPPER & EDAMAME LO MEIN

with Carrots, Peanuts & Wonton Strips

INGREDIENTS

2 PERSON | 4 PERSON



1 oz | 2 oz
Sweet Thai
Chili Sauce



4 oz | 8 oz
Shredded Carrots



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Soy,
Wheat, Sesame



1 | 2
Wonton Strips
Contains: Wheat



4 oz | 8 oz
Edamame
Contains: Soy



4½ oz | 9 oz
Lo Mein Noodles
Contains: Wheat



1 | 2
Green Bell Pepper



2 | 4
Scallions



½ oz | 1 oz
Peanuts
Contains: Peanuts



1 tsp | 2 tsp
Sriracha



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THERE TOO. SCAN HERE TO GET HELP.



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 780



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 710



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 590



HELLO

LO MEIN NOODLES

Long noodles with a springy texture that's perfect for stir-fries

TOAST FOR THE MOST

To bring out extra flavor and crunch, toast the peanuts in a small dry pan over medium heat, stirring frequently, for 2-3 minutes.

BUST OUT

- Medium pot
- Large pan
- Kosher Salt
- Black Pepper
- Strainer
- Cooking Oil
- Butter
Contains: Milk

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper** into strips. Trim and thinly slice **scallions**, separating whites from greens.

- 🍳 Open package of **chicken*** and drain off any excess liquid or rinse **shrimp*** under cold water and pat dry with paper towels. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or shrimp; season with **salt** and **pepper**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 COOK VEGGIES

- While noodles cook, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **bell pepper, scallion whites, carrots, edamame**, and a **pinch of salt and pepper**. Cook, stirring occasionally, until veggies are browned and tender, 4-6 minutes. **(For 4 servings, you may need to work in batches.)**
- Add **sweet soy glaze, chili sauce**, and **¼ cup water** (½ cup for 4); cook, stirring occasionally, until sauce is warmed through, 30-60 seconds.

- 🍳 Use pan used for chicken or shrimp here.



2 COOK NOODLES

- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes. Drain and set aside.



4 FINISH & SERVE

- Remove pan from heat; add **drained noodles** and **½ TBSP butter** (1 TBSP for 4). Toss to combine. **(If sauce seems too thick, add water a splash at a time until everything is coated in sauce.)** Taste and season with **salt** and **pepper** if desired.
- Gently crush **peanuts** in their bag.
- Divide **lo mein** between shallow bowls. Drizzle with as much **Sriracha** as you like. Garnish with **scallion greens, peanuts, and wonton strips**. Serve.

- 🍳 Stir **chicken** or **shrimp** into pan along with **noodles**.

🍳 *Poultry is fully cooked when internal temperature reaches 165°.

🍳 *Shellfish is fully cooked when internal temperature reaches 145°.