



# Cantonese-Style Noodles

with Beyond Meat®

Veggie

30 Minutes



Beyond Meat®



Chow Mein Noodles



Green Beans



Ginger



Garlic, cloves



Soy Sauce



Hoisin Sauce



Sweet Bell Pepper



Crispy Shallots



Green Onions



Rice Vinegar



Cornstarch

HELLO BEYOND MEAT®

*You won't believe the meat-like texture of this veggie protein!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Colander, measuring spoons, large bowl, small bowl, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Chow Mein Noodles	200 g	400 g
Green Beans	170 g	340 g
Ginger	30 g	30 g
Garlic, cloves	1	2
Soy Sauce	2 tbsp	4 tbsp
Hoisin Sauce	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Crispy Shallots	28 g	56 g
Green Onions	2	4
Rice Vinegar	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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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### 1 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. While **water** comes to a boil, trim, then halve **green beans**. Core, then cut **pepper** into ¼-inch slices. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Peel, then grate **½ tbsp ginger** (dbl for 4 ppl).



### 4 Cook noodles

While **Beyond Meat®** cooks, add **noodles** to the **boiling water**. Cook until tender, 2-3 min. Drain **noodles**, then rinse under **warm water**. Return **noodles** to the same pot, off heat. Using a pair of scissors, make a few cuts in the pot to cut up the **noodles**. Set aside.



### 2 Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **peppers**. Cook, stirring often, until tender, 5-6 min. Transfer **veggies** to a large bowl and cover to keep warm. Set aside.



### 5 Assemble Cantonese-style noodles

Stir together **hoisin, soy sauce, vinegar, cornstarch** and **½ cup water** (dbl for 4 ppl) in a small bowl. Add **sauce mixture** and **veggies** to **Beyond Meat®**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Add **Beyond Meat®** and **veggie mixture** to the large pot with **noodles**, then toss to combine.



### 3 Cook Beyond Meat®

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Beyond Meat®, ginger, garlic** and **half the green onions**. Cook, breaking up **Beyond Meat®** into smaller pieces, until crispy, 5-6 min. \*\* Season with **salt** and **pepper**.



### 6 Finish and serve

Divide **Cantonese-style noodles** between bowls. Sprinkle **crispy shallots** and **remaining green onions** over top.

## Dinner Solved!