



# Hoisin Beef Noodles

with Toasted Sesame Seeds

Quick

25 Minutes



Ground Beef



Chow Mein Noodles



Bok Choy, chopped



Coleslaw Cabbage Mix



Onion, sliced



Sesame Seeds



Hoisin Sauce



Beef Broth Concentrate



Soy Sauce



Green Onion

HELLO SESAME SEEDS

*These little seeds burst with flavour when toasted!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Chow Mein Noodles	200 g	400 g
Bok Choy, chopped	113 g	227 g
Coleslaw Cabbage Mix	170 g	340 g
Onion, sliced	56 g	113 g
Sesame Seeds	1 tbsp	2 tbsp
Hoisin Sauce	½ cup	1 cup
Beef Broth Concentrate	1	2
Soy Sauce	2 tbsp	4 tbsp
Green Onion	2	4
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.*

### Contact

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### 1 Toast sesame seeds

Add **10 cups hot water** and **1 tbsp 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, heat a large non-stick pan over medium-high heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



### 4 Cook noodles

While **veggies** stir-fry, 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.



### 2 Cook beef

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **\*\*** Season with **salt** and **pepper**, then stir, scraping up any browned bits from the bottom of the pan. Using a slotted spoon, transfer **beef** to a large bowl. Cover to keep warm. Reserve **½ tbsp fat** (dbl for 4 ppl) in the pan, then carefully discard remaining.



### 5 Make sauce

Add **hoisin sauce**, **soy sauce**, **broth concentrate** and **½ cup water** (dbl for 4 ppl) to the same pan (from step 3). Cook over medium, stirring occasionally, until combined and warmed through, 1-2 min.



### 3 Stir-fry veggies

Reheat the pan with **reserved fat** over medium-high. When hot, add **onions**. Cook, stirring occasionally, until beginning to soften, 2-3 min. Add **bok choy** and **coleslaw cabbage mix**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min. Remove the pan from heat, then transfer **veggies** to the large bowl with **beef**. Cover to keep warm.



### 6 Finish and serve

Add **sauce**, **beef**, **veggies** and **half the green onions** to the pot with **noodles**. Season with **salt** and **pepper**, then toss to combine. (**TIP:** For a lighter sauce, add more water, 1-2 tbsp at a time, if desired!) Divide **hoisin beef noodles** between plates. Sprinkle **sesame seeds** and **remaining green onions** over top.

Dinner Solved!