



## Hong Kong-Style Pan Fried Noodles

with Shrimp & Bok Choy



20-30min



2 Servings

Pan-fried noodles are a staple in Hong Kong cuisine. Our version features wheat noodles that crisp up in a hot skillet, forming a free-form cake. If your noodles don't hold their shape, it's okay! The key is making sure there is a contrast of textures with crispy bits and tender noodles. We top the fried noodles with saucy shrimp, bok choy, carrots, and onions. To keep it traditional Hong Kong-style, serve it up family-style!



## What we send

- 1 medium yellow onion
- 4 oz carrot
- ½ lb baby bok choy
- garlic
- 10 oz pkg shrimp <sup>2</sup>
- 1.8 oz stir-fry sauce <sup>1,6</sup>
- 1 pkt seafood broth concentrate <sup>2,4</sup>
- 2 (¼ oz) cornstarch
- 6 oz chuka soba noodles <sup>1</sup>

## What you need

- neutral oil
- kosher salt & ground pepper

## Tools

- medium pot
- medium nonstick skillet

## Cooking tip

It's okay if the noodles don't form a cohesive cake. To help hold a cake-like shape and to get a good crisp, gently press down on noodles with a flexible spatula while they cook.

## Allergens

Wheat (1), Shellfish (2), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 980kcal, Fat 39g, Carbs 96g, Proteins 32g



### 1. Prep ingredients

Bring a medium pot of water to boil. Halve and thinly slice **all of the onion**. Scrub **carrot**; thinly slice on an angle. Trim **bok choy**; cut crosswise into 1-inch pieces, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Rinse **shrimp**; pat dry. In a cup, combine **stir-fry sauce, broth concentrate, all of the cornstarch**, and **1 cup water**; reserve sauce for step 5.



### 4. Cook shrimp

Heat **1 tablespoon oil** in reserved pot over high. Add **shrimp** and season with **salt** and **pepper**. Cook, stirring occasionally, until shrimp are just cooked through, 2-3 minutes. Transfer shrimp to a plate. Heat **1 tablespoon oil** in same pot over high. Add **onions, carrots, and a light pinch of salt**. Cook, stirring, until veggies are lightly browned and softened, 1-2 minutes.



### 2. Boil noodles

Add **noodles** to boiling water. Cook, stirring occasionally to prevent sticking, until al dente, about 5 minutes. Drain noodles, then rinse under cold running water. Transfer noodles to a paper towel-lined rimmed baking sheet or plate and press top with paper towels to blot any remaining water (noodles should be very dry). Wipe out pot and reserve for step 4.



### 5. Cook bok choy & sauce

To pot with **veggies**, add **bok choy light greens, garlic**, and **a light pinch of salt**. Cook, stirring occasionally, until bok choy is softened and garlic is fragrant, 1-2 minutes. Stir in **reserved sauce** and bring to a boil. Simmer over medium heat until sauce is thickened, glossy, and coats the back of a spoon, 2-3 minutes.



### 3. Pan-fry noodles

Heat **3 tablespoons oil** in a medium nonstick skillet over medium-high. Add **noodles**, spread into an even layer, and reduce heat to medium. Cook, swirling skillet occasionally, until bottom layer is golden brown, 7-10 minutes. Carefully, use a spatula to flip noodles (it's okay if they don't stick together). Cook until other side is golden brown, 5-7 minutes more. Slide noodles onto a plate.



### 6. Finish & serve

Return **shrimp** to pot with **sauce and veggies**; stir in **bok choy dark greens**. Cook until greens are just wilted and shrimp are warmed through, about 1 minute. Season to taste with **salt** and **pepper**. Serve **pan-fried noodles** with **shrimp, veggies, and sauce** spooned over top. Enjoy!