



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 ²
- 1.8 oz stir-fry sauce ^{1,6}
- 1 pkt seafood broth concentrate ^{2,4}
- 2 (¼ oz) cornstarch
- 6 oz chuka soba noodles ¹

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, Protein 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!