



Sweet & Spicy Salmon Noodle Bowl

WITH BOK CHOY AND CARROTS

Meal Kit



Prep & Cook Time

35-45 MIN

Cook Within

3 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

SPICY

You Will Need

Olive Oil, Salt, Cooking Spray
Large Non-Stick Pan, Medium
Pot, Baking Sheet, Colander,
Mixing Bowl

Ingredients

- 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- ½ tsp. Garlic Salt
- ½ fl. oz. Hot Sauce
- 4 oz. Orange Ginger Sesame Sauce
- 3 oz. Matchstick Carrots
- 1 tsp. Multicolor Sesame Seeds
- 2 Heads of Baby Bok Choy
- 2 Green Onions
- 5 oz. Pad Thai Noodles
- **Customize It Options**
- 9 oz. Salmon
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 10 oz. Steak Strips

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/39305

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Preheat the broiler
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **hot sauce**, **orange ginger sesame sauce**, **green onions**

Customize It Instructions

- If using **antibiotic free chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **steak strips**, pat dry, coarsely chop, then separate pieces. Stir occasionally until steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



1. Cook the Noodles

- Once **water** is boiling, add **noodles** and cook until tender, 5-10 minutes.
- Remove from burner. Reserve $\frac{1}{2}$ cup **noodle cooking water**. Drain noodles in a colander, rinsing with cold water to stop the cooking process. Set aside.
- While noodles cook, continue recipe.



2. Prepare the Ingredients

- Remove any discolored outer leaves from **bok choy** and trim ends. Cut into $\frac{1}{2}$ " strips.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- In a mixing bowl, combine half the **hot sauce** (to taste; reserve remaining for noodle sauce) and 1 Tbsp. **orange ginger sesame sauce** (to taste; reserve remaining for noodle sauce). Set aside.
- Pat **salmon** dry and season flesh side with **Asian garlic, ginger & chile seasoning** (use less if spice-averse).



3. Broil the Salmon

- Place **salmon** on prepared baking sheet, skin-side down. Top evenly with **sauce mixture** (use less if spice-averse).
- Broil under hot broiler until salmon reaches a minimum internal temperature of 145 degrees, 8-10 minutes.
- *Don't text and broil! Keep an eye on oven as salmon may burn easily under broiler.*
- Carefully remove from broiler. Transfer to a plate. Let cool, 5 minutes.
- Once cool enough to handle, remove skin from salmon and flake into 1" pieces.
- While salmon cools, continue recipe.



4. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **bok choy**, **carrots**, and **white portions of green onions** to hot pan. Stir often until tender, 5-7 minutes.



5. Add Sauce, Add Noodles, and Finish Dish

- Stir **garlic salt**, remaining **orange ginger sesame sauce** (to taste), remaining **hot sauce** (to taste), $\frac{1}{4}$ cup reserved **noodle cooking water**, **salmon pieces**, and **noodles** into hot pan with **vegetables**. Bring to a simmer, stirring often.
- Once simmering, remove from burner.
- Plate dish as pictured on front of card, garnishing with **sesame seeds** and **green portions of green onions**. Bon appetit!