



In your box

2 Heads of Baby Bok Choy
1 oz. Roasted Peanuts
5 oz. Lo Mein Noodles
2 Green Onions
3 oz. Edamame
3 oz. Satay Sauce
2 Garlic Cloves
1 Lime
3 oz. Matchstick Carrots

Customize It Options

8 oz. Shrimp
8 oz. Jumbo Shrimp
16 oz. Shrimp—Double Portion
12 oz. Diced Boneless Skinless
Chicken Breasts

*Contains: wheat, peanuts, soy, fish
(anchovy), shellfish (shrimp)

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan, Colander,
Medium Pot



Shrimp Lo Mein Noodle Bowl

with roasted peanuts and bok choy

NUTRITION per serving—Calories: 690, Carbohydrates: 80g, Fat: 23g, Protein: 34g, Sodium: 1643mg.

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

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

Prep & Cook Time

25-35 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry
- ☐ Bring 8 cups **water** to a boil in a medium pot
- ☐ Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using 16 oz. **shrimp**, pat dry and season all over with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as 8 oz. shrimp.
- If using **diced chicken**, follow same instructions as shrimp in Steps 1 and 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **jumbo shrimp**, follow same instructions as regular shrimp in Steps 1 and 3, cooking undisturbed until opaque and shrimp reaches minimum internal temperature, 2-3 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Halve **lime** lengthwise. Cut one half into wedges and juice the other half.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into ¼" slices and coarsely chop leaves. Keep stems and leaves separate.
- Coarsely chop **peanuts**.
- Mince **garlic**.
- Pat **shrimp** dry, and season with a pinch of **salt** and **pepper**.



2

Cook the Noodles

- Once water is boiling, add **noodles** and cook until tender, 4-5 minutes.
- Reserve ½ cup **noodle cooking water**. Drain noodles in a colander and set aside.
- While noodles cook, cook shrimp.



3

Cook the Shrimp

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Working in batches if necessary, add **shrimp** to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reach a minimum internal temperature of 145 degrees, 1-2 minutes.
- Transfer shrimp to a plate. Keep pan over medium-high heat.



4

Cook Vegetables and Heat Sauce

- Add 2 tsp. **olive oil**, **carrots**, and **bok choy stems** to hot pan and stir occasionally until lightly charred, 4-5 minutes.
- Add **white portions of green onions**, **garlic**, **edamame**, and **bok choy leaves**. Stir often until leaves are wilted, 1-2 minutes.
- Stir in **shrimp**, **noodles**, **satay sauce**, 2 tsp. **lime juice**, and ¼ cup **noodle cooking water** until combined. Then stir occasionally until warmed through, 1-2 minutes.
- *If sauce is too thick, add additional noodle cooking water, 1 Tbsp. at a time, until desired consistency is reached.*



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **peanuts** and **green portions of green onions**. Squeeze **lime wedges** over to taste. Bon appétit!