

Moo Shu Vegetables

with Chinese Long Beans & Plum Sauce

For the Chinese New Year, we're putting a gourmet, vegetarian spin on moo shu pork, a dish from Northern China. In addition to pork, moo shu traditionally contains egg and an array of vegetables, including daylily buds and wood ear mushrooms. Chinese-American restaurants modified the recipe, foregoing daylilies and wood ears because they were hard to come by (and unfamiliar to their customers). They used cabbage instead—which is what we're doing here, serving the sautéed vegetables in warm moo shu pancake wraps with a side of sweet plum sauce.



Ingredients

- 2 Farm Eggs
- 2 14-Ounce Packages Firm Tofu
- 10 Moo Shu Pancakes
- 4 Ounces Shiitake Mushrooms
- 4 Cloves Garlic
- 4 Scallions
- 3 Carrots
- 1½ Pounds Napa Cabbage
- ½ Pound Chinese Long Beans
- ½ Cup Hoisin Sauce
- ½ Cup Plum Sauce

Knick Knacks

- 1 2-Inch Piece Ginger
- ¼ Cup Peanuts

Makes 4 Servings

About 500 Calories Per Serving

Cooking Time: 15 to 25 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp28

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of water to boiling on high. Crack the eggs into a small bowl; beat with a fork until smooth. Using your hands, crumble the tofu into bite-sized pieces. Cut off and discard the stems of the mushrooms; thinly slice the caps. Trim off and discard the ends of the long beans. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Peel the carrots and cut into matchsticks. Cut out and discard the core of the cabbage; thinly slice the leaves. Roughly chop the peanuts.

2



Start the moo shu vegetables:

In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **carrots**, **half the garlic**, **half the ginger** and **half the white bottoms of the scallions**. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant.

3



Finish the moo shu vegetables:

Add the **eggs** to the pan of vegetables. Cook, stirring frequently, 30 seconds to 1 minute, or until the eggs are cooked through. Add the **tofu, cabbage and hoisin sauce**. Cook, stirring occasionally, 3 to 4 minutes, or until thoroughly combined and the cabbage is slightly wilted. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

4



Cook the long beans:

In the same pan, heat 1 tablespoon of oil on medium-high until hot. Add the **long beans**; cook, flipping occasionally, 5 to 7 minutes, or until lightly browned. Add the **remaining garlic, ginger and white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant and well combined. Transfer to a serving dish. Set aside in a warm place.

5



Warm the pancakes:

While the long beans cook, place a heatproof colander over the pot of boiling water, making sure the water doesn't reach the colander. Stack the **pancakes** and place in the colander. Reduce the heat to medium-low; cover with a baking sheet (or the lid of the pot). Steam the pancakes, flipping halfway through, 3 to 4 minutes, or until warmed through and pliable. Transfer to a clean, dry work surface.

6



Finish & serve your dish:

Divide the **moo shu vegetables** between the **warmed pancakes**; sprinkle with **half the peanuts**. Fold the pancakes over the filling to create wraps; transfer to a serving dish. Garnish with **half the green tops of the scallions**; serve with the **plum sauce** on the side. Garnish the **long beans** with the **remaining peanuts and green tops of the scallions**. Enjoy!