



More than Food

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Veggie Lo Mein

with Mushrooms, Green Beans, and Sweet Ginger-Soy Sauce

Say hello to a healthy spin on your takeout favorite. We're upping the veggie-to-noodle ratio with sautéed mushrooms, green beans, and carrots. Sweet hoisin, salty soy, and fragrant ginger combine in a delicious sauce for those thick, chewy udon noodles.



30 min



level 1



vegan



nut free



Button Mushrooms



Green Beans



Carrot



Udon Noodles



Ginger



Garlic



Vegetable Stock Concentrate



Scallions



Hoisin



Soy Sauce



Honey

Ingredients	2 People	4 People
Button Mushrooms	4 oz	8 oz
Green Beans	4 oz	8 oz
Carrot	1	2
Udon Noodles 1)	6 oz	12 oz
Ginger	1 thumb	2 thumbs
Garlic	2 cloves	4 cloves
Vegetable Stock Concentrate	1	2
Scallions	2	4
Hoisin 1) 2)	1 T	2 T
Soy Sauce 2)	1 T	2 T
Honey	1 t	2 t
Olive Oil*	2 T	4 T

*Not Included

Allergens

- 1) Wheat
- 2) Soy

Tools

Large Pot, Large Pan, Strainer, Peeler, Small Bowl

Ruler

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Nutrition per person Calories: 571 cal | Carbs: 99 g | Fat: 16 g | Protein: 13 g | Fiber: 7 g | Sodium: 2076 mg

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Bring a large pot of water with a large pinch of **salt** to a boil. Cut the **green beans** into 1-inch pieces. Peel and mince the **ginger**. Mince or grate the **garlic**. Peel and cut the **carrot** in half lengthwise, then slice into thin half moons. Thinly slice the **scallions**, keeping the greens and whites separate. Thinly slice the **mushrooms**.



2 Cook the vegetables: Heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **mushrooms, carrots and green beans**, and cook, tossing, for 5-7 minutes, until softened and slightly golden brown. Add the **ginger, scallion whites, and garlic** and cook, tossing, for another 1 minute, until fragrant. Season with **salt and pepper**.



3 Cook the udon noodles: While the veggies cook, add the **udon** to the boiling water. Cook for 5-6 minutes, until al dente, then drain and rinse. Toss the **udon** with **1 Tablespoon oil** to prevent sticking.



4 Make the sauce: In a small bowl, combine the **soy sauce, stock concentrate, hoisin, 1 teaspoon honey**, and **1/4 cup water**. Add the **sauce** to the pan along with the drained **udon noodles**. Cook over medium heat, tossing, until the **udon noodles** are coated and the sauce has slightly thickened.

5 Divide the lo mein between bowls and garnish with the **scallion greens**. Enjoy!