



# Sweet & Spicy Shrimp Lo Mein

with Green Beans, Bok Choy, Cabbage, Cilantro & Peanuts

20-Min Meal

20 Minutes · Calories: 630 · Protein: 31 g



## Ingredients 2 Person | 4 Person



1 oz | 2 oz  
Sweet Thai  
Chili Sauce



4 oz | 8 oz  
Bok Choy and  
Napa Cabbage



4 TBSP | 8 TBSP  
Sweet Soy  
Glaze



1 tsp | 2 tsp  
Garlic Powder



4½ oz | 9 oz  
Lo Mein  
Noodles



½ oz | 1 oz  
Peanuts



1 tsp | 2 tsp  
Korean Chili  
Flakes



¼ oz | ½ oz  
Cilantro



6 oz | 12 oz  
Green Beans



10 oz | 20 oz  
Shrimp



1 | 2  
Lime

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



## Hello

### Sweet Soy Glaze

A blend of salty-sweet soy sauce, tangy vinegar, and nutty sesame oil creates a delicious symphony of flavors.

### Before you start

#### Squeeze the Day

Roll the lime under your palm on a countertop before quartering. This hack softens the fruit, making it easier to get all of the juice when squeezed!

### Cooking tools

medium pot, strainer, paper towels, large pan

### Pantry ingredients

kosher salt, black pepper, cooking oil, butter

### Nutrition

Nutrients	per serving
Calories:	630
Total Fat:	18g
Saturated Fat:	5g
Sodium:	2100mg
Total Carbohydrate:	83g
Dietary Fiber:	6g
Added Sugars:	18g
Protein:	31g

### Allergens

sweet soy glaze (contains: sesame, soy, wheat), lo mein noodles (contains: wheat), peanuts (contains: peanuts), shrimp (contains: shellfish), butter (contains: milk)

### Cook for YOUR Crowd

Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



### 1 Prep & Cook Noodles

- Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Trim **green beans** if necessary. Quarter **lime**. Roughly chop **cilantro**.
- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes. Drain and set aside.



### 3 Make Sauce & Toss

- Stir **sweet soy glaze**, **chili sauce**, **1 TBSP butter (2 TBSP for 4 servings)**, and **chili flakes** to taste into pan with **shrimp and veggies**. Cook, stirring, until coated, 1-2 minutes. Remove from heat.
- Stir in **drained noodles** and **juice from two lime wedges (four wedges for 4)** until thoroughly coated and combined. Taste and season with **salt and pepper. (For 4, transfer everything to a large bowl to combine.)**

\*Shellfish is fully cooked when internal temperature reaches 145°.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.



### 2 Cook Shrimp & Veggies

- While noodles cook, rinse **shrimp\*** under cold water, then pat dry with paper towels. Season all over with **garlic powder**.
- Heat a **large drizzle of oil** in a large pan over high heat. Add shrimp, **green beans**, and **bok choy and napa cabbage**. Cook, stirring occasionally, until veggies are browned and tender and shrimp are opaque and cooked through, 4-6 minutes.



### 4 Serve

- Divide **lo mein** between shallow bowls. Garnish with **peanuts** and **cilantro. (TIP: For an extra-nutty crunch, toast peanuts in a hot dry pan!)** Serve with **remaining lime wedges** on the side.

### How was your meal?

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