



JUN  
2016

## Shrimp Lo Mein

with Udon Noodles, Green Beans, and Carrots

We're all for healthier takes on takeout favorites. In this lo mein, shrimp are sautéed with ginger and garlic for lots of flavor (without the fat) and served over noodles with crunchy carrots and green beans. The combination of soy sauce, hoisin, and a touch of sugar creates a sweet and savory sauce to bring it all together.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut free



dairy free



make me first



Shrimp



Green Beans



Carrot



Udon Noodles



Button  
Mushrooms



Ginger



Garlic



Veggie Stock  
Concentrate



Scallions



Hoisin Sauce



Soy Sauce

## Ingredients

	2 People	4 People
Shrimp	8 oz	16 oz
Green Beans	6 oz	12 oz
Carrot	1	2
Udon Noodles	8 oz	16 oz
Button Mushrooms	4 oz	8 oz
Ginger	1 Thumb	2 Thumbs
Garlic	2 Cloves	4 Cloves
Veggie Stock Concentrate	1	2
Scallions	2	4
Hoisin Sauce	1 T	2 T
Soy Sauce	1 T	2 T
Sugar*	2 t	4 t
Oil*	1 t	2 t

\*Not Included

## Allergens

1) Shellfish

2) Soy

3) Wheat

## Tools

Large pot, Peeler, Large pan, Small bowl

Ruler

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**Nutrition per person** Calories: 463 cal | Fat: 9 g | Sat. Fat: 0 g | Protein: 26 g | Carbs: 73 g | Sugar: 17 g | Sodium: 1251 mg | Fiber: 7 g

1



**1 Prep the ingredients: Wash and dry all produce.** Remove the **udon noodles** from the refrigerator, bringing them to room temperature. Trim the ends of the **green beans**, then cut into 1-inch pieces. Peel and mince the **ginger**. Mince or grate the **garlic**. Peel, then cut the **carrot** in half lengthwise, then slice into thin half moons. Trim then thinly slice the **scallions**, keeping the **greens** and **whites** separate. Thinly slice the **mushrooms**.

2



**2 Cook the veggies and shrimp:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **carrots, green beans, and mushrooms** and cook, tossing for 5-7 minutes, until softened and slightly golden brown. Season with **salt** and **pepper**. Add the **shrimp, ginger, scallion whites, and garlic** and cook, tossing for another 2-3 minutes, until the shrimp are opaque. Season with **salt** and **pepper**.

3



**3 Make the sauce:** In a small bowl, combine **1 Tablespoon soy sauce, the stock concentrate, 1 Tablespoon hoisin, 2 teaspoons sugar, and 1/4 cup water**.

4



**4 Toss:** Once the **shrimp** are done, add the **sauce** to the pan over medium heat and reduce until thickened, for 2-3 minutes. Add the **udon noodles** to the pan and toss for 3-4 minutes until tender. If the pan gets too dry, add a splash of water. Season to taste with **salt** and **pepper**.

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

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