

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









Shrimp





Green Beans



Veggie Stock



Carrot





Udon Noodles



Hoisin Sauce



Button Mushroom



Ginge



Soy Sauce

| Ingredients | | 2 People | 4 People |
|--------------------------|-------|----------|----------|
| Shrimp | 1) | 8 oz | 16 oz |
| Green Beans | | 6 oz | 12 oz |
| Carrot | | 1 | 2 |
| Udon Noodles | 2) 3) | 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 | 2) | 1 T | 2 T |
| Soy Sauce | 2)3) | 1 T | 2 T |
| Sugar* | | 2 t | 4 t |
| Oil* | | 1 t | 2 t |
| | | | |

Allergens
1) Shellfish
2) Soy

3) Wheat

Small bowl

*Not Included

Tools
Large pot. Peeler, Large pan.

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



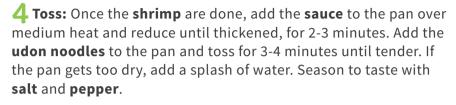
1 Prep the ingredients: Wash and dry all produce. Remove the udon noodles from the refrigerator, bringing them to room temperature. Trim the ends of the green beans, then cut into 1-inch pieces. Peel and mince the ginger. Mince or grate the garlic. Peel, then cut the carrot in half lengthwise, then slice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



2 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 Make the sauce: In a small bowl, combine 1 Tablespoon soy sauce, the stock concentrate, 1 Tablespoon hoisin, 2 teaspoons sugar, and ¼ cup water.





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

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