



MUSHROOM LO MEIN

with Fresh Udon Noodles

PREP: 20 MIN
TOTAL: 35 MIN

LEVEL 1

NUT
FREE

DAIRY
FREE

VEGGIE



INGREDIENTS:

- Green Beans
- Ginger
- Garlic
- Carrot
- Button Mushrooms
- Scallions
- Soy Sauce *(Contains: Soy)*
- Veggie Stock Concentrate
- Hoisin Sauce *(Contains: Soy)*
- Sesame Oil
- Honey
- Fresh Udon Noodles *(Contains: Soy, Wheat)*

FOR 2 PEOPLE:

- 6 oz
- 1 Thumb
- 2 Cloves
- 1
- 4 oz
- 2
- 1 TBSP
- 1
- 1 TBSP
- 1 TBSP
- 1 tsp
- 8 oz

FOR 4 PEOPLE:

- 12 oz
- 2 Thumbs
- 4 Cloves
- 2
- 8 oz
- 4
- 2 TBSP
- 2
- 2 TBSP
- 1 TBSP
- 2 tsp
- 16 oz

HELLO

LO MEIN

Thick, chewy noodles
in a savory sauce

NUTRITION PER SERVING

2 person 459 cal | Fat: 17 g | Sat. Fat: 2 g | Protein: 12 g | Carbs: 70 g | Sugar: 15 g | Sodium: 1090 mg | Fiber: 7 g
4 person 391 cal | Fat: 13 g | Sat. Fat: 1 g | Protein: 11 g | Carbs: 62 g | Sugar: 11 g | Sodium: 1031 mg | Fiber: 5 g

START STRONG

Udon noodles can be quite stiff when stored in the refrigerator.

To loosen them up, take them out of the fridge before you start cooking and let them come to room temperature.



BUST OUT

- Large pan
- Small bowl
- Oil (2 tsp | 4 tsp)
- Peeler
- Whisk

1 PREP

Wash and dry all produce.

Cut **green beans** into 1-inch pieces. Peel and mince **ginger**. Mince or grate **garlic**. Peel and cut **carrot** in thirds, then cut each piece in half lengthwise and slice into thin half-moons. Roughly chop **mushrooms**. Thinly slice **scallions**, keeping greens and whites separate.

2 MAKE SAUCE

Whisk together **soy sauce**, **stock concentrate**, **1 TBSP hoisin sauce**, **sesame oil**, **1 tsp honey**, and **¼ cup water** in a small bowl.

3 COOK NOODLES

Heat a drizzle of **oil** in a large pan over medium heat (**TIP:** If you have a nonstick pan, break it out.) Add **noodles** to pan and toss until tender, for 3-4 minutes. If pan seems dry, add a splash of water or drizzle of oil. Remove from pan and set aside.



4 COOK VEGGIES

Heat a drizzle of **oil** in same pan over medium-high heat. Add **mushrooms**, **carrot**, and **green beans** and cook until lightly browned and softened, 5-7 minutes, tossing occasionally. Add **ginger**, **scallion whites**, and **garlic** and toss until fragrant, 1 minute. Season with **salt** and **pepper**.

5 FINISH LO MEIN

Reduce heat to medium. Add **sauce** and **noodles** to pan. Toss everything until well-coated and sauce has thickened slightly, 1-2 minutes.

6 PLATE AND SERVE

Divide **lo mein** between bowls. Garnish with **scallion greens**.

DELECTABLE!

Remake this dish with linguine if you can't find udon.

