



ONE-PAN SHRIMP LO MEIN

with Udon Noodles, Green Beans, and Carrot



HELLO
ONE-PAN LO MEIN
Everything is tossed together with no fuss at all in this stir-fry-style recipe.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 520**



Green Beans



Garlic



Carrot



Veggie Stock Concentrate



Shrimp
(Contains: Shellfish)



Ginger



Scallions



Soy Sauce
(Contains: Soy)



Hoisin Sauce
(Contains: Soy)



Udon Noodles
(Contains: Wheat, Soy)

START STRONG

Take the noodles out of the refrigerator as you're getting started. This will help them loosen up before they go for a toss in the pan.

BUST OUT

- Peeler
- Large pan
- Small bowl
- Paper towel
- Oil (1 tsp | 2 tsp)
- Sugar (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Green Beans 6 oz | 12 oz
- Ginger 1 Thumb | 1 Thumb
- Garlic 2 Cloves | 2 Cloves
- Scallions 2 | 4
- Carrot 1 | 2
- Soy Sauce 1 TBSP | 2 TBSP
- Veggie Stock Concentrate 1 | 2
- Hoisin Sauce 1 TBSP | 2 TBSP
- Shrimp 10 oz | 20 oz
- Udon Noodles 8 oz | 16 oz

HELLO WINE



PAIR WITH
Lustra Monterey County
Pinot Noir, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Cut green beans into 1-inch pieces. Peel ginger, then mince until you have 1 TBSP. Mince or grate garlic. Trim, then thinly slice scallions. (TIP: Set aside some of the scallion greens for garnish, if you like.) Peel carrot, then cut in half lengthwise. Slice each half into thin half-moons.



4 COOK SHRIMP

Rinse shrimp and pat dry with a paper towel. Add shrimp, minced ginger, scallions, and garlic to pan with veggies. Cook, tossing, until shrimp are nearly opaque and firm, 1-2 minutes. Season with salt and pepper.



2 COOK VEGGIES

Heat a drizzle of oil in a large, tall-sided pan over medium-high heat. Add green beans and cook, tossing, until softened slightly, 3-4 minutes. Toss in carrot and continue cooking until both are fully tender, 3-4 minutes more. Season with salt and pepper.



5 TOSS LO MEIN

Stir sauce into pan and let reduce slightly, 2-3 minutes. Add udon noodles and cook, tossing frequently, until tender and chewy, 3-4 minutes. (TIP: If noodles won't loosen up or sauce seems dry, add a splash of water.) Season with salt and pepper between bowls and sprinkle with reserved scallion greens, if using, and serve.



3 MAKE SAUCE

While veggies cook, stir together soy sauce, stock concentrate, 1 TBSP hoisin sauce (we sent more), 2 tsp sugar, and ¼ cup water in a small bowl.



6 PLATE AND SERVE

Divide lo mein between bowls. Sprinkle with reserved scallion greens, if using, and serve.

SLURP'S ON!

Wanna make this recipe again but can't find udon? A long pasta like linguine will also work.

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