



OCT
2016

Shrimp Lo Mein

with Udon Noodles, Green Beans, and Carrots

Our chefs managed to pack in all the sweet and salty flavors of Chinese takeout without the high fat and sodium content. One bite of the crunchy carrots, tender shrimp, and hearty noodles is all it takes to convince you to toss away those takeout menus for good.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



make
me first



Green
Beans



Ginger



Garlic



Shrimp



Soy
Sauce



Veggie Stock
Concentrates



Hoisin
Sauce



Udon
Noodles



Carrots



Scallions

Ingredients

		4 People
Green Beans		12 oz
Ginger		1 Thumb
Garlic		2 Cloves
Scallions		4
Carrots		2
Soy Sauce	1)	2 T
Veggie Stock Concentrates		2
Hoisin Sauce	1)	2 T
Shrimp	2)	16 oz
Udon Noodles	1) 3)	16 oz
Sugar*		4 t
Oil*		2 t

*Not Included

Allergens

- 1) Soy
- 2) Shellfish
- 3) Wheat

Tools

Peeler, Large tall-sided pan, small bowl

Nutrition per person Calories: 477 cal | Fat: 11g | Sat. Fat: 0g | Protein: 30g | Carbs: 68g | Sugar: 16g | Sodium: 1148mg | Fiber: 6g

1



1 Prep: Wash and dry all produce. Trim long-stemmed ends of **green beans**, then cut into 1-inch pieces. Peel and mince **ginger**. Mince **garlic**. Thinly slice **scallions**. Peel and halve **carrots** lengthwise, then slice into thin half-moons.

2



2 Cook the veggies: Heat a large drizzle of **oil** in a large tall-sided pan over medium-high heat. Add **green beans** and toss until slightly tender, 3-4 minutes. Add **carrots** and toss until both are tender, another 3-4 minutes. Season with **salt** and **pepper**.

4



3 Make the sauce: Meanwhile, combine **soy sauce**, **stock concentrates**, **2 Tablespoons hoisin sauce**, **4 teaspoons sugar**, and **½ cup water** in a small bowl.

4 Cook the shrimp: Add **shrimp**, **ginger**, **scallions**, and **garlic** to pan. Toss until **shrimp** are almost opaque, another 1-2 minutes. Season with **salt** and **pepper**.

5



5 Toss: Add **sauce** to pan and reduce until thickened, 2-3 minutes. Add **udon noodles** and another large drizzle of **oil** (if necessary) and toss until tender, 3-4 minutes. If pan becomes too dry, add a splash of **water** or a drizzle of **oil**. Season with **salt** and **pepper**.

6 Serve: Divide **lo mein** between bowls and enjoy!

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