



AUG  
2016

## Veggie Lo Mein

with Mushrooms, Green Beans, and Ginger Soy Sauce

If you've never had udon, you're in for a treat. It's a thick and delightfully chewy Japanese noodle similar to our beloved spaghetti. In this dish, we dress it up in style with a hefty dose of colorful veggies and three knockout flavors: sweet hoisin, salty soy, and fragrant ginger.



**Prep:** 15 min  
**Total:** 35 min



level 1



dairy  
free



veggie



Udon  
Noodles



Button  
Mushrooms



Green  
Beans



Carrot



Ginger



Scallions



Veggie Stock  
Concentrate



Garlic



Hoisin  
Sauce



Soy  
Sauce



Honey



Cashew  
Pieces

## Ingredients

		2 People	4 People
Udon Noodles	1) 2)	8 oz	16 oz
Button Mushrooms		4 oz	8 oz
Green Beans		6 oz	12 oz
Carrot		1	2
Ginger		1 Thumb	2 Thumbs
Garlic		2 Cloves	4 Cloves
Veggie Stock Concentrate		1	2
Scallions		2	4
Hoisin Sauce	1)	1 T	2 T
Soy Sauce	1)	4½ t	9 t
Honey		1 t	2 t
Cashew Pieces	3)	1 oz	2 oz
Olive Oil*		1 T	2 T

\*Not Included

## Allergens

- 1) Soy
- 2) Wheat
- 3) Tree Nuts

## Tools

Peeler, Large pan, Small bowl

**Nutrition per person** Calories: 501 cal | Fat: 18 g | Sat. Fat: 2 g | Protein: 15 g | Carbs: 75 g | Sugar: 16 g | Sodium: 1332 mg | Fiber: 8 g



**1 Prep: Wash and dry all produce.** Remove the **udon noodles** from the refrigerator to come 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 the **carrot**. Cut in half lengthwise, then slice into thin half moons. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Thinly slice the **mushrooms**.

**2 Cook the veggies:** Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **mushrooms, carrot, and green beans**. Cook, tossing, for 5-7 minutes, until softened and slightly golden brown. Add the **ginger, scallion whites, garlic,** and another drizzle of **olive oil** (if needed). Cook, tossing, another minute, until fragrant. Season with **salt** and **pepper**.

**3 Make the sauce:** In a small bowl, combine the **soy sauce, stock concentrate, hoisin, 1 teaspoon honey,** and **¼ cup water**. Stir to combine.

**4 Add the sauce:** Add the **sauce** to the pan and reduce until thickened, about 1 minute. Add the **udon noodles** to the pan and cook, tossing, for 3-4 minutes, until they are tender. If the pan becomes too dry, add a splash of **water** or drizzle of **olive oil**. Season with **salt** and **pepper**.

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

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics**, and you'll be entered into our weekly photo contest!

