



CHICKEN LO MEIN

with Carrots and Green Beans



HELLO LO MEIN

Thick, chewy noodles in a savory sauce

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 620**



Ginger



Scallions



Chicken Tenders



Veggie Stock Concentrates



Hoisin Sauce
(Contains: Soy)



Udon Noodles
(Contains: Wheat, Soy)



Green Beans



Garlic



Button Mushrooms



Shredded Carrots



Soy Sauce
(Contains: Soy)

START STRONG

Take the noodles out of the refrigerator as you're getting started and set them aside to bring them to room temperature.

BUST OUT

- Peeler
- Large pan
- Small bowl
- Oil (4 tsp)
- Sugar (4 tsp)

INGREDIENTS

Ingredient 4-person

- Green Beans 12 oz
- Ginger 1 Thumb
- Garlic 2 Cloves
- Scallions 4
- Button Mushrooms 8 oz
- Chicken Tenders 24 oz
- Shredded Carrots 8 oz
- Soy Sauce 2 TBSP
- Veggie Stock Concentrates 2
- Hoisin Sauce 2 TBSP
- Udon Noodles 16 oz

HELLO WINE

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1 PREP

Wash and dry all produce. Trim any stems from **green beans**, then cut into 1-inch pieces. Peel **ginger**, then mince until you have 2 TBSP. Mince or grate **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Trim, then thinly slice **mushrooms**.



4 MAKE SAUCE

In a small bowl, stir together **2 TBSP soy sauce, stock concentrates, 2 TBSP hoisin sauce** (we sent more), **4 tsp sugar**, and **½ cup water** until thoroughly combined.



2 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Cut **chicken** into thin strips, then season all over with **salt** and **pepper**. Add to pan and cook until browned, about 2 minutes per side. (**TIP:** Work in batches to avoid overcrowding.) Remove from pan and set aside.



5 FINISH LO MEIN

Lower heat under pan to medium and stir in sauce. Let simmer until sauce is slightly reduced, 2-3 minutes. Add **noodles** to pan and cook, tossing, until tender, 3-4 minutes. Season to taste with **salt** and **pepper**. **TIP:** If noodles seem stiff while cooking, add a splash of water to help loosen things up.



3 COOK VEGGIES

Heat another large drizzle of **oil** in same pan over medium-high heat. Add **carrots, mushrooms, and green beans**. Cook, tossing, until softened, 5-7 minutes. Add **chicken, ginger, scallion whites, and garlic**. Cook, tossing, until ginger and garlic are fragrant, 2-3 minutes. Season with **salt** and **pepper**.



6 PLATE AND SERVE

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

MEIN EVENT!

Remake this recipe with another protein, or go all veggie!

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