



OCT
2016

Shrimp Udon

with Green Beans and Carrots

We're all for healthier takes on take-out favourites. In this noodle dish, shrimp is sautéed with ginger and garlic for lots of flavour (without the fat!) and served over noodles with crunchy carrots and green beans!



Prep
30 min



level 1



dairy
free



make me
first



Shrimp



Green Beans



Carrot



Udon Noodles



Ginger



White Mushrooms



Green Onions



Stir Fry Sauce



Vegetable Broth
Concentrate



Garlic

Ingredients

| | 4 People |
|-----------------------------|---------------|
| Shrimp | 2 pkg (570 g) |
| Green Beans | 1 pkg (170 g) |
| Carrot | 1 |
| Udon Noodles | 2 pkg (400 g) |
| White Mushrooms | 1 pkg (113 g) |
| Ginger | 1 knob (30 g) |
| Garlic | 4 cloves |
| Vegetable Broth Concentrate | 1 pkg |
| Green Onions | 2 |
| Stir-Fry Sauce | 1 pkg (¼ cup) |
| Olive or Canola Oil* | |

*Not Included

Allergens

- 1) Shellfish/Fruits de mer
- 2) Soy/Soja
- 3) Wheat/Blé
- 4) Sesame/Sésame

Tools

Small pot, Peeler, Large pan, Small bowl, Measuring Cups

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 355 cal | Fat: 5 g | Protein: 26 g | Carbs: 42 g | Fiber: 3 g | Sodium: 903 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Bring a small pot of **water** to a boil. Trim the ends off the **green beans**, then cut into 1-inch pieces. Peel and mince the **ginger** (**TIP:** use a spoon to easily scrape the peel off the ginger!) Mince or grate the **garlic**. Cut the **carrot** in half lengthwise, then slice into thin half moons. Thinly slice the **green onions**. Thinly slice the **mushrooms**.

4



2 Cook the noodles: Add the **udon** to the boiling water. Cook until noodles are loose, 2-3 min. Drain and set aside.

3 Make the sauce: Meanwhile, in a small bowl, stir the **stir fry sauce** with the **broth concentrate** and **¼ cup water**.

4 Cook the veggies and shrimp: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **carrots, green beans, and mushrooms**. Cook, stirring often, until softened and slightly golden brown, 4-5 min. Add the **shrimp, ginger, green onion and garlic**. Cook, stirring often, until the shrimp turns pink, 2-3 min.

5



5 Add the sauce and noodles to the shrimp mixture. Stir until warmed through, about 1 min.

6 Finish and serve: Divide the **shrimp udon** between bowls. Enjoy!

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