

Hello
FRESH

JUN
2017

Enoki Mushroom and Udon Noodle Stir-Fry

with Green Beans and Carrots

Enoki mushrooms are popular in Japanese cuisine. These little fungi look different depending on how they grow—in the wild, they are brown in colour, but when cultivated without light exposure, they become white.



Udon Noodles



Enoki
Mushrooms



Green Beans



Carrot



Garlic



Ginger



Green Onion



Sesame Oil



Soy Sauce



Hoisin Sauce



Vegetable Broth
Concentrate

Ingredients

		2 People
Udon Noodles	1)	2 pkg (400 g)
Enoki Mushrooms		1 pkg (113 g)
Green Beans, trimmed		1 pkg (170 g)
Carrot, coins		1 pkg (170 g)
Garlic		1 pkg (10 g)
Ginger		30 g
Green Onion		2
Sesame Oil	2)	1 pkg (1 tbsp)
Soy Sauce	1) 3)	4 pkg (1½ tbsp)
Hoisin Sauce	1) 2) 3)	1 pkg (3 tbsp)
Vegetable Broth Concentrate		1 pkg

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sesame/Sésame
- 3) Soy/Soja

Tools

Measuring Spoons, Small Pot, Small Bowl, Whisk, Measuring Cups, Large Non-Stick Pan, Strainer

Nutrition per person Calories: 497 cal | Fat: 10 g | Protein: 14 g | Carbs: 91 g | Fibre: 8 g | Sodium: 1465 mg

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

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



1 Prep: Wash and dry all produce. Cut off and discard the bottom inch of the **mushrooms**. Cut the **green beans** into 1-inch pieces. Mince or grate **garlic**. Peel and mince **1 tbsp ginger**. Thinly slice the **green onions**.

2



2 Make the sauce: Bring a small pot of **salted water** to a boil. In a small bowl, whisk together the **soy sauce**, **hoisin sauce**, **broth concentrate** and **½ cup water**. Set aside.

5



3 Cook the veggies: Heat a large non-stick pan over medium-high heat. Add the **sesame oil**, then the **green beans** and **carrots**. Cook, stirring often, until veggies are tender, 6-7 min. Add the **garlic**, **ginger** and **green onion**. Cook, stirring, until fragrant, 1 min. Season with **salt** and **pepper**.

4 Cook the noodles: Meanwhile, add the **noodles** to the boiling water. Cook, stirring, until noodles have separated, 1-2 min. Drain.

5 Reduce the heat to medium heat. Add the **sauce**, **mushrooms** and **noodles** to the pan. Cook, stirring gently, until the mushrooms wilt, 1 min.

6 Finish and serve: Divide the **stir-fry** between bowls and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca