

DINNERLY



Shrimp Lo Mein

with Broccoli, Carrots & Scrambled Eggs



20-30min



2 Servings

This bowl of sweet and savory teriyaki noodles is SHRIMPPLY delicious with carrots, broccoli, and chewy udon noodles! We've got you covered!

WHAT WE SEND

- 7 oz udon noodles ²
- 2 scallions
- 1 carrot
- ½ lb broccoli
- ½ lb pkg shrimp ³
- 2 oz teriyaki sauce ^{4,2}

WHAT YOU NEED

- kosher salt & ground pepper
- 2 large eggs ¹
- neutral oil
- apple cider vinegar (or white wine vinegar)
- garlic

TOOLS

- large pot
- box grater
- medium nonstick skillet

ALLERGENS

Egg (1), Wheat (2), Shellfish (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 720kcal, Fat 22g, Carbs 91g, Protein 40g



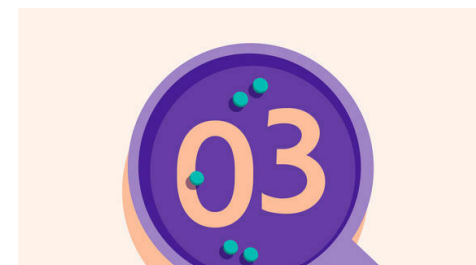
1. Cook noodles

Fill a large pot with **salted water** and bring to a boil. Add **udon noodles** and cook, stirring occasionally to prevent sticking, until al dente, about 4 minutes. Reserve **¼ cup cooking water**, then drain noodles, rinse under cold water, and drain well again. Set aside until step 5.



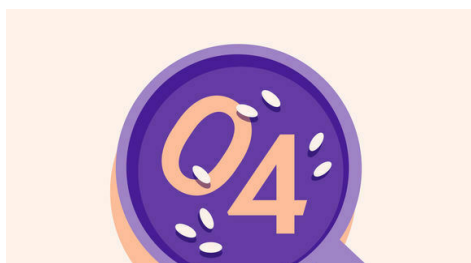
2. Prep ingredients

Meanwhile, trim **scallions**, then cut into 1-inch pieces. Finely chop **2 teaspoons garlic**. Coarsely grate **carrot** (no need to peel). Cut **broccoli** into 1-inch florets, if necessary. Rinse **shrimp**, then pat very dry. (First thaw under cool running water, if necessary.) Season shrimp all over with **salt** and **pepper**.



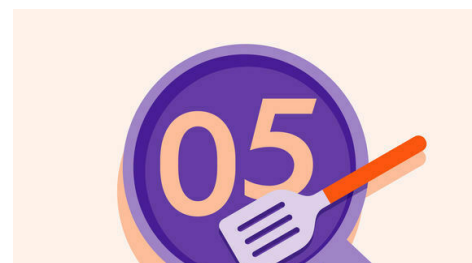
3. Scramble eggs

In a small bowl, whisk **2 large eggs** and a **pinch of salt**. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high, tilting to coat skillet. Add eggs and cook, stirring gently to scramble, until soft curds form, 1–2 minutes. Transfer to a cutting board, let cool slightly, and coarsely chop. Wipe out skillet.



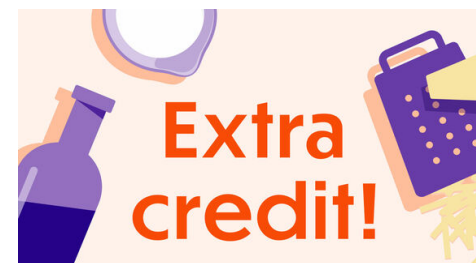
4. Cook shrimp

Heat **1 tablespoon oil** in same skillet over high. Add **broccoli** and cook, stirring occasionally, until crisp tender, 3–4 minutes; transfer to colander with **noodles**. Heat **½ tablespoon oil** in same skillet over high. Add **shrimp, garlic, and scallions**; cook, stirring occasionally, until shrimp turn pink and just cooked through, about 2 minutes.



5. Finish & serve

To skillet with **shrimp**, add **teriyaki sauce, noodles, broccoli, carrots, scrambled eggs, reserved cooking water**, and **1 teaspoon vinegar**. Cook, gently stirring and tossing, until **sauce** is slightly thickened and **noodles** are coated, 2–3 minutes. Season to taste with **salt** and **pepper**. Enjoy!



6. Take it to the next level

Got some cukes lingering in the fridge? Make them into a raw cucumber salad! Thinly slice cucumbers, then toss with rice vinegar, a touch of sugar, and some salt. Toss in fresh mint for a lift!