



25
MINUTE
MEAL

Stir-Fried Shrimp with Fresh Lo Mein Noodles

 20-30min  2 Servings

This dish comes together so quickly. A base of lo mein noodles is stir fried with bean sprouts and ribbons of kale, and gets delicious flavor from garlic, sesame oil and red finger chilies. The shrimp is cooked quickly over high heat and dressed in dark soy sauce slightly sweetened with a bit of brown sugar. It's a dish you won't soon forget!

What we send

- toasted sesame oil ¹¹
- scallions
- curly kale
- bean sprouts
- garlic
- fresh red long hot chile
- light brown sugar

What you need

- coarse salt
- vegetable oil

Tools

- large pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal



1. Cook noodles

Bring a pot of water to a boil. Add the noodles and cook for 2 minutes, then rinse with cold water and drain. Toss with 1 teaspoon of the sesame oil.



2. Prep ingredients

Cut off root ends and and tops of scallions. Cut in half crosswise, thinly slice lengthwise. Rinse bean sprouts. Remove stems from kale, cut leaves crosswise into fine ribbons. Peel and finely chop garlic. Remove stem from chili, finely slice.



3. Stir fry vegetables

Heat 2 teaspoons of oil in a skillet over high heat. When hot, add $\frac{3}{4}$ of the scallions, $\frac{1}{4}$ of the garlic and all the bean sprouts and kale. Stir for 3 minutes until kale is tender. Season generously with salt.



4. Add noodles

Add the noodles and warm through, 30 sec-1 min. Stir in remaining 2 teaspoons of sesame oil and transfer to a serving platter.



5. Stir fry shrimp

Wipe out the skillet and add 1 teaspoon safflower oil over high heat. Toss in the garlic and chilli, and cook for 10 seconds. Add the shrimp and stir-fry for 1 minute until they have just turned pink.



6. Make sauce

Stir in the sugar and soy, then bubble until the sugar has melted and shrimp are cooked through, 1 minute. Spoon shrimp on top of the noodles and sprinkle with the remaining scallions. Enjoy!