



Long Livo

Yaki Udon With Shrimp – Quick Japanese Stir-Fry

15 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

30 min

Total time

Japanese

Cuisine

Ingredients

Main Ingredients

- ☐ 12 oz fresh or pre-cooked udon noodles
- ☐ 1 lb large shrimp, peeled and deveined
- ☐ 1 red bell pepper, thinly sliced
- ☐ 1 carrot, julienned
- ☐ 2 green onions, sliced
- ☐ 2 tbsp vegetable oil

For the Sauce

- ☐ 3 tbsp soy sauce
- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp sesame oil
- ☐ 1 tsp honey
- ☐ 1 tsp grated ginger
- ☐ 1 clove garlic, minced

Instructions

- 1 Heat a large skillet or wok over medium-high heat; add vegetable oil and let it shimmer.
- 2 Add the shrimp in a single layer; sear for 1-2 minutes per side until pink, then remove and set aside.
- 3 In the same pan, toss the bell pepper and carrot; stir-fry for 2-3 minutes until just tender.
- 4 Stir in the garlic and ginger, then pour the sauce mixture; let it bubble briefly.
- 5 Return the shrimp, add the udon noodles, and toss everything together; finish with sesame oil, green onions, and a pinch of salt.

Nutrition per serving

420 kcal

Calories

28 g

Protein

45 g

Carbs

14 g

Fat

Tips & notes

- If using frozen udon, thaw completely and rinse under warm water before cooking.
- Don't overcrowd the pan; work in batches if necessary.
- Adjust sweetness by adding a little more honey or reducing it to taste.