

Garlic Shrimp Yakiudon with Vegetables

Total time **20 mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
2,704 kJ / 645 kcal

Fat: **28.6 g** Protein: **25.2 g**
Carbohydrates: **70.3 g**

INGREDIENTS

2 portion(s)

400 g	udon noodles
160 g	prawns
60 g	cabbage
30 g	spring onion
60 g	bean sprouts
20 g	red pepper
20 g	green pepper
20 g	carrot
20 g	shiitake mushrooms
65 ml	<u>Kikkoman Toasted Sesame Oil</u>
70 ml	<u>Kikkoman Teriyaki Wok Sauce with Roasted Garlic</u>

PREPARATION

Step 1

60 g cabbage - **30 g** spring onion - **60 g** bean sprouts - **20 g** red pepper - **20 g** green pepper - **20 g** carrot - **20 g** shiitake mushrooms - **160 g** prawns
Wash all the vegetables and chop the cabbage, spring onion, peppers, carrot and shiitake mushrooms. Prepare the prawns: peel them and remove the black vein.

Step 2

400 g udon noodles - **30 ml** Kikkoman Toasted Sesame Oil

Heat 30 ml of Kikkoman Sesame Oil in a wok or large frying pan. Add the udon noodles, loosening them as they heat. Stir-fry until lightly browned and slightly charred, then transfer to a plate.

Step 3

35 ml Kikkoman Toasted Sesame Oil - **70 ml** Kikkoman Teriyaki Wok Sauce with Roasted Garlic -

Fried udon from Step 2 - Remaining vegetables and prawns

Add the remaining Kikkoman Sesame Oil to the pan and sear the prawns first until they get some colour. Then toss in all the vegetables. Return the udon to the pan, add the Kikkoman Teriyaki Wok Sauce Roasted Garlic and toss everything together until hot and evenly coated. Serve immediately.