

Stir Fried Chinese Noodles with Shrimp

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fried-cabbage-with-dried-shrimp-recipe>

Ingredients:

- vegetable oil
- 16 ounces white mushrooms sliced
- 1 1/2 cups bean sprouts fresh
- 1 1/2 cups sliced carrot straws
- 2 bok choy large bundles of fresh
- 2 pounds large shrimp cleaned and peeled
- 5 garlic cloves minced, finely chopped
- 5 cups noodles cooked
- 2 teaspoons fish sauce
- 1/2 tablespoon sesame oil
- 1/8 cup soy sauce
- salt
- pepper
- green onion Diced, optional for garnish

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 800 milligrams
9. Sugar: 7 grams

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