

Shrimp Stir-Fry Lo Mein Noodles

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/lo-mein-noodles-recipes>

Ingredients:

- 3/4 pound lo mein noodles fresh pre-cooked, or 8 ounces of dried thin spaghetti noodles
- 12 medium shrimp peeled and deveined
- 1 medium carrot shredded or cut into matchstick-sized pieces
- 1 red bell pepper cut into thin long strips
- 3 cloves garlic minced
- 1/2 teaspoon minced ginger
- 1/2 teaspoon toasted sesame seeds optional for garnish
- cooking oil
- chopped fresh cilantro for serving
- sauce
- 1 tablespoon oyster sauce or vegetarian oyster flavored sauce
- 2 teaspoons low sodium soy sauce or tamari
- 1 teaspoon Chinese cooking wine or dry sherry, omit if you do not already have this in your pantry
- 1 teaspoon honey or dark brown sugar
- 1/4 teaspoon sesame oil
- 1/4 teaspoon red pepper flakes or Sriracha sauce, optional to taste

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 30 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 8 grams
8. Sodium: 2110 milligrams

9. Sugar: 8 grams

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