

Shrimp Lo Mein

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound lo mein noodles fresh, if possible
- 2 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 2 tablespoons Shaoxing wine
- 2 tablespoons oyster sauce
- 1 teaspoon granulated sugar
- 1 teaspoon toasted sesame oil
- 1 pinch ground white pepper
- 6 scallions
- 3 tablespoons vegetable oil divided
- 1 cup shredded carrots
- 1 cup snow peas trimmed
- 8 ounces water chestnuts drained
- 8 ounces bamboo shoots rinsed and drained
- 1 pound raw shrimp 26/30 peeled, deveined, tail on or off
- 1 tablespoon garlic cloves minced
- 2 teaspoons fresh ginger grated, I use a microplane
- 2 cups mung bean sprouts
- soy sauce optional
- chili oil optional
- rice vinegar optional

Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 117 grams
3. Cholesterol: 170 milligrams
4. Fat: 37 grams
5. Fiber: 7 grams
6. Protein: 42 grams

7. SaturatedFat: 10 grams
 8. Sodium: 3680 milligrams
 9. Sugar: 10 grams
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