

# Stir-fry Beef Udon Noodles (Yakiudon)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-stir-fry-bean-sprouts-recipe>

## Ingredients:

- 16 ounces fresh udon noodles
- 1 tablespoon vegetable oil divided
- 8 ounces beef chuck thinly sliced
- 1 cup napa cabbage shredded
- 1 cup bean sprouts
- 2 stalks scallions cut into 2 inch pieces
- 2 tablespoons low sodium soy sauce or more to taste
- 1 teaspoon dark soy sauce
- 1 teaspoon sugar
- 1 teaspoon mirin
- 1/4 teaspoon sesame oil

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Protein: 12 grams
6. SaturatedFat: 4 grams
7. Sodium: 380 milligrams
8. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Stir-fry Beef Udon Noodles (Yakiudon) above. You can see more 15 japanese stir fry bean sprouts recipe Delight in these amazing recipes! to get more great cooking ideas.