

Udon Noodle Stir Fry

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 2 udon noodles packs fresh or frozen
- 1 bunch broccolini or Chinese broccoli
- 1 cup shitake mushrooms sliced
- 4 cloves garlic finely chopped
- 1 tablespoon neutral oil like avocado or grapeseed
- lime wedges for serving
- 1 serrano chili or Thai, thinly sliced for serving
- 1/4 cup soy sauce
- 1 tablespoon sugar
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons fish sauce
- 1 lime

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 24 grams
3. Fat: 4.5 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. Sodium: 1180 milligrams
7. Sugar: 8 grams

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