

Choco Fever Dream

Yaki Udon With Shrimp – Quick Japanese Stir-Fry

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz fresh or pre-cooked udon noodles
- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 carrot, julienned
- [ ] 2 green onions, sliced
- [ ] 2 tbsp vegetable oil

For the Sauce

- [ ] 3 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 1 tsp honey
- [ ] 1 tsp grated ginger
- [ ] 1 clove garlic, minced

Instructions

1. Heat a large skillet or wok over medium-high heat; add vegetable oil and let it shimmer.
2. Add the shrimp in a single layer; sear for 1-2 minutes per side until pink, then remove and set aside.
3. In the same pan, toss the bell pepper and carrot; stir-fry for 2-3 minutes until just tender.
4. Stir in the garlic and ginger, then pour the sauce mixture; let it bubble briefly.
5. Return the shrimp, add the udon noodles, and toss everything together; finish with sesame oil, green onions, and a pinch of salt.

Nutrition per serving

420 kcal	28 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen udon, thaw completely and rinse under warm water before cooking.
- Don’t overcrowd the pan; work in batches if necessary.
- Adjust sweetness by adding a little more honey or reducing it to taste.