

Helergon Kitchen

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

- [ ] 300g fresh udon noodles
- [ ] 250g large shrimp, peeled and deveined
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 carrot, julienned
- [ ] 1 cup snow peas, trimmed
- [ ] 2 tbsp vegetable oil

Sauce

- [ ] 3 tbsp soy sauce
- [ ] 1 tbsp mirin
- [ ] 1 tsp freshly grated ginger
- [ ] 1 tsp honey
- [ ] 1 tsp toasted sesame oil
- [ ] Juice of ½ lemon

Garnish

- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 scallions, thinly sliced

Instructions

1. Bring a pot of water to boil, add the udon and cook just shy of al dente; drain, rinse under cold water, and set aside.
2. In a large skillet over medium-high heat, add 1 tbsp oil and quickly sear the shrimp until pink, about 2 minutes per side; remove and keep warm.
3. Add the remaining oil to the pan, toss in the bell pepper, carrot, and snow peas; stir-fry for 2-3 minutes until bright-colored but still crisp.
4. Stir in the cooked udon, then pour the sauce mixture; toss continuously until the noodles are glossy and the sauce thickens, about 2 minutes.
5. Return the shrimp to the pan, drizzle with lemon juice, and give everything a final gentle toss.
6. Plate the yaki udon, sprinkle with sesame seeds and scallions, and serve immediately.

Nutrition per serving

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

Tips & notes

- If the sauce dries out too quickly, add a splash of water or extra lemon juice.
- For extra depth, drizzle a touch of high protein shrimp sauce at the end.
- Feel free to swap veggies for what’s in season – bok choy or shiitake work beautifully.