

# Prawn and vegetable stir fry noodles

Total time **30 mins** 20 mins preparation time 10 mins cooking time

Nutritional facts (per portion):  
**2336 kJ / 554 kcal**

Fat: **32 g** Protein: **30.7 g**  
Carbohydrates: **34.2 g**

## INGREDIENTS

2 portion(s)

- 12** King prawns, ready-to-cook
  - 50 g** carrot, in strips
  - 50 g** courgette, in strips
  - 1** clove of garlic, finely diced
  - 15 g** fresh ginger, finely diced
  - 200 g** ramen noodles
  - 5 tbsp** frying oil
  - 2 tbsp** lemon juice
  - 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
  - 1 tbsp** Kikkoman Toasted Sesame Oil
- For the topping:**
- Grated zest of half an organic lemon
  - 2** spring onions, finely sliced
  - 3** stalks coriander, leaves plucked off

## PREPARATION

### Step 1

Heat 1 tbsp oil in a wok, add carrot and sauté. 1 minute later, add courgette, sauté and remove both.

### Step 2

Add prawns with 1 tbsp of oil to the remaining vegetable fat, fry for about 3 minutes and remove.

### Step 3

Sauté ginger and garlic in the remaining hot oil in the wok. Add back the vegetables and prawns and fry briefly.

### Step 4

Add the lemon juice, Kikkoman soy sauce and Kikkoman sesame oil, fold in the cooked noodles and heat through briefly.

### Step 5

Top the dish with lemon zest, spring onions and coriander and serve.