

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

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

Carbohydrates: **34.2 g**

Fat: 32 g Protein: 30.7 g

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.