KIKKOMAN

Prawn stir fry noodles with vegetables

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

Nutritional facts (per portion):
2,336 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.