



# Seafood Udon Stir - Fry



2 Servings



25 minutes

## Ingredients :

- Udon noodles
- Shrimp
- Squid
- Garlic
- Ginger
- Soy sauce
- Sesame oil
- Vegetable oil
- Bell pepper
- Carrot
- Green onions



## Instructions :

1. Boil the udon noodles according to package instructions ,then drain and set aside .
2. Heat vegetable oil in a large pan or wok over medium -high heat .
3. Add garlic and ginger and sauté briefly until fragrant .
4. Add shrimp and squid ,cooking until just opaque and tender .
5. Stir in bell pepper and carrot and cook for 2 to 3 minutes until slightly softened .
6. Add the cooked udon noodles to the pan and toss gently .
7. Pour in soy sauce and sesame oil ,stirring well to coat everything evenly .
8. Cook for another 2 to 3 minutes until heated through .
9. Garnish with green onions and serve hot .