



# 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.