

Zucchini Bread Recipes

Shrimp Lo Mein Recipe – Quick Takeout Style

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 12 oz egg lo mein noodles
- [ ] 1 cup bell pepper strips
- [ ] 1 cup carrot matchsticks
- [ ] 2 tbsp vegetable oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated

For the Sauce

- [ ] 3 tbsp low-sodium soy sauce
- [ ] 1 tbsp oyster sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp sugar
- [ ] ½ tsp white pepper

Instructions

1. Bring a pot of water to a boil, cook the noodles until just al dente, drain, rinse under cold water, and toss with a drizzle of oil.



2. Heat the wok over medium-high, add oil, then stir-fry garlic and ginger until fragrant, about 30 seconds.



3. Add shrimp, season lightly with salt, and cook until pink, roughly 2 minutes per side; set aside.



4. Throw in the bell peppers and carrots, stir-fry for 2-3 minutes so they stay crisp, then return the shrimp to the wok.



5 Stir in the noodles and sauce mixture, toss everything gently until coated and heated through, finish with a drizzle of sesame oil and toasted sesame seeds.



Nutrition per serving

420 kcal	28 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a hot wok to get that quick sear; it keeps the shrimp tender.
- If you like a little heat, sprinkle a pinch of red pepper flakes just before serving.
- For extra freshness, add a splash of lime juice at the end.