Plate Dream

# Shrimp Lo Mein – Quick Easy Dinner

A fast, tasty Shrimp Lo Mein that brings the taste of a take-out place to your kitchen with simple steps.

| 15 min | 15 min | 30 min | 4 | Easy | Chinese |
|---|---|---|---|---|---|
| Prep time | Cook time | Total time | Servings | Difficulty | Cuisine |

## Ingredients

### Main Ingredients

- [ ] 12 oz lo mein noodles, cooked al dente
- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 cup snap peas, trimmed
- [ ] 1 medium carrot, julienned
- [ ] 1 red bell pepper, sliced thin
- [ ] 2 tbsp vegetable oil

### Sauce

- [ ] 3 tbsp soy sauce
- [ ] 1 tbsp oyster sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp honey
- [ ] 1 tsp rice-vinegar
- [ ] 1 tsp grated fresh ginger
- [ ] 1 clove garlic, minced

### Garnish

- [ ] 2 green onions, sliced
- [ ] 1 tsp toasted sesame seeds

## Instructions

1. Heat a wok or large skillet over medium-high heat, add 1 tbsp oil, then sear the shrimp for 2-3 minutes until pink; set aside.
2. Add remaining oil, toss in garlic and ginger, stir-fry for 30 seconds until fragrant.
3. Add carrots, bell pepper, and snap peas; stir-fry 2 minutes, keeping them crisp.
4. Stir in cooked noodles, then pour the sauce mixture, tossing everything together until evenly coated and heated through.
5. Return the shrimp to the wok, mix gently, then finish with sesame oil, green onions, and sesame seeds.

### Nutrition per serving

| 420 kcal | 30 g | 45 g | 14 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the noodles seem dry, splash a little water or extra sauce to loosen them.
- If you enjoy spicy shrimp stacks, add a pinch of red pepper flakes.
- For extra depth, add a pinch of white pepper during the sauce step.
- Serve immediately for best texture; leftovers can be reheated gently in a skillet with a splash of water.