

## Seafood udon noodle stir fry

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## Seafood udon noodle stir fry

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We love this seafood stir fry from our friends at Oriental Merchant.

### Ingredients (serves: 4-6)

- 400g mixed [seafood](#)
- 2 tbsp oil
- 2 cloves garlic, crushed
- 2 tsp S&B wasabi paste
- 2 lemons, zested and juiced
- 1 red chilli
- ½ cup parsley
- ¼ cup sake or white wine
- ½ tbsp miso
- 1 packet Hakubaku organic udon noodles, prepare as per packet instructions
- Lemon wedges to serve

### Method

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## Seafood udon noodle stir fry

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Heat oil in a non-stick pan over a medium heat and sauté garlic and seafood two minutes.

Stir through the [wasabi](#), lemon zest and juice, chilli, parsley, sake and miso. Bring to the boil, stirring.

Toss through tossed noodles and heat through.

Serve hot garnished with Japanese chilli pepper seasoning and a wedge of lemon.

Note: A mixture of fish and seafood is delicious in this dish.

Note: Longevity noodles get their name from their long lengths. The longer the noodle, the longer the wish you bestow upon your guests for a long and healthy life.

Recipe from [Oriental Merchant](#)

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