

Seafood udon noodle stir fry

Search:

- [Chinese](#)
- [Dinner](#)
- [Pasta](#)
- [Seafood](#)
- [Recipes](#)

Seafood udon noodle stir fry

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Seafood udon noodle stir fry



Rate this recipe

3 people are cooking this [Count me in](#)

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

Seafood udon noodle stir fry

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](#)

Browse more [dinner ideas](#) or connect with us on [Pinterest!](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```