

DINNER

Soba Noodles with Shrimp

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	1	\$2.81	342 kcal



Soba Noodles with Shrimp might be just the main course you are searching for. One portion of this dish contains around 27g of protein, 5g of fat, and a total of 342 calories. This recipe serves 1. For \$2.81 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ cup shredded carrot
- ☐ 1 teaspoon dark sesame oil
- ☐ ¼ cup thinly sliced green onions
- ☐ 1 tablespoon rice vinegar
- ☐ 2 ounces uncooked soba (buckwheat) noodles
- ☐ ¼ teaspoon chili garlic sauce (such as Lee Kum Kee)
- ☐ 1 tablespoon chopped fresh cilantro
- ☐ 1 teaspoon low-sodium soy sauce
- ☐ 3 ounces 1/2 cup chopped cooked shrimp (about
- ☐ 0.1 teaspoon sugar

☐ 4 cups water

EQUIPMENT Bowl, Frying pan, Sauce pan, Whisk

Method

- 1 Break noodles in half. Bring 4 cups water to a boil in a medium saucepan.
- 2 Add noodles; cook 4 minutes.
- 3 Add carrot to noodles in pan; cook 2 minutes or until noodles are done.
- 4 Drain.
- 5 Combine vinegar, oil, soy sauce, garlic sauce, and sugar in a medium bowl, stirring with a whisk.
- 6 Add noodle mixture, shrimp, onions, and cilantro; toss to coat. Cover and chill.

Nutrition per serving

342	27 g	5 g	51 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			4.4 g · 5% of daily needs
Sodium			888 mg · 39% of daily needs
Cholesterol			137 mg · 46% of daily needs
Vitamin C			8.6 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/soba-noodles-with-shrimp-148604