



Udon-Wrapped Shrimp is my Childhood Do-Over

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon katsuobushi
- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoon granulated sugar
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.5 cup rice vinegar
- ☐ 4 servings salt and pepper as needed for seasoning ()
- ☐ 6 ounce chow udon noodles mein style thin (or other noodle such as angel hair pasta)

☐ 4 servings vegetable oil for frying as needed (depending on the size of your vessel)

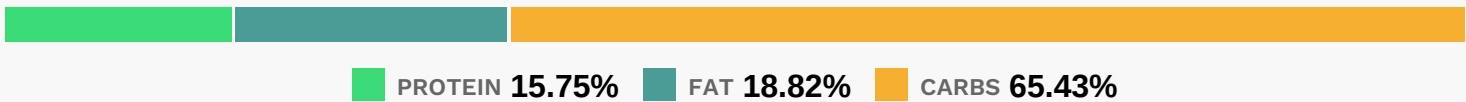
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Add soy sauce, rice vinegar, sugar, sesame oil, and as many slices of the chili pepper as you like to a lidded jar; shake well to combine. Shake again just before serving.Prepare the cucumber salad: Halve the cucumbers lengthwise and cut crosswise into ½-inch half moons.
- ☐ Add the cucumbers and scallions to a bowl, along with ½ cup of the prepared dipping sauce; season with a tiny pinch of salt and pepper and toss to coat. Refrigerate at least 15 minutes.
- ☐ Sprinkle with the bonito flakes just before serving (if using).Prepare the shrimp: Cook the udon according to package instructions.
- ☐ Drain well.While the udon is still warm straighten out a forkful, then roll this udon (about 12 noodles) around each of the shrimp. Set them aside to cool. The starch will “glue” the noodles in place.Meanwhile place about 3-inches of oil into a large deep pot.
- ☐ Heat the oil to 350 degrees F. Working with 2 or 3 udon-wrapped shrimp at a time deep fry them until the shrimps are cooked and the udon browned, about one and a half minutes (maybe two).
- ☐ Roll them in the oil with a long-handled heat-proof slotted spoon to assure they brown evenly.
- ☐ Spread the cucumber salad onto a serving plate, topping it with warm udon-wrapped shrimp.
- ☐ Serve remaining dipping sauce on the side.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:14.17, Inflammation Score:-3, Nutrition Score:7.0230434355528%

Nutrients (% of daily need)

Calories: 223.59kcal (11.18%), Fat: 4.54g (6.99%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 33.96g (12.35%), Sugar: 3.3g (3.67%), Cholesterol: 0.13mg (0.04%), Sodium: 1345mg (58.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.11%), Selenium: 27.21µg (38.87%), Manganese: 0.54mg (27.16%), Phosphorus: 134.56mg (13.46%), Magnesium: 44.86mg (11.21%), Copper: 0.14mg (7.04%), Fiber: 1.58g (6.34%), Vitamin B2: 0.1mg (6.02%), Potassium: 209.37mg (5.98%), Zinc: 0.86mg (5.7%), Vitamin K: 5.9µg (5.62%), Vitamin B6: 0.11mg (5.57%), Iron: 1mg (5.53%), Vitamin B3: 1.09mg (5.43%), Folate: 21.68µg (5.42%), Vitamin E: 0.58mg (3.88%), Vitamin B1: 0.05mg (3.4%), Vitamin B5: 0.29mg (2.85%), Calcium: 20.55mg (2.05%)