

# Low-Carb Prawn & Noodle Stir-Fry

Hands-on 20 minutes Overall 20-25 minutes



**Nutritional values (per serving, about 1 1/2 cups):** Total carbs: 12.4 g, Fiber: 4 g,

**Net carbs: 8.4 g**, Protein: 21.5 g, Fat: 29 g, Calories: 381 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

- 500 g raw, peeled and deveined prawns (400 g/ 17.6 oz)
- 2 packets [shirataki noodles](#), drained (400 g/ 17.6 oz)
- 1 small Thai chili pepper, deseeded (15 g/ 0.5 oz)
- 2 cloves garlic, minced
- 1 tbsp minced ginger
- 1 small bunch cilantro (10 g/ 0.4 oz)
- 2 medium spring onions, sliced (30 g/ 1.1 oz)
- 1 medium green pepper, deseeded (120 g/ 4.2 oz)
- 1/2 medium red pepper, deseeded (60 g/ 2.1 oz)
- 1 1/2 chopped Asian mushrooms such as oyster, enoki or shiitake (150 g/ 5.3 oz)
- 2 cups bean sprouts (100 g/ 3.5 oz)
- 3 tbsp [fish sauce](#) (45 ml)
- 1 tbsp [coconut aminos](#) or more [fish sauce](#) (15 ml)
- 2 tbsp fresh lime juice (30 ml)
- 1/2 cup [ghee](#) or [extra virgin coconut oil](#) (120 ml/ 4 fl oz)
- 1/2 tsp sea salt
- Optional:* 1-2 tbsp [Erythritol](#) or 5-7 drops [stevia](#)

## Instructions

1. Prepare the shirataki noodles [by following the steps in this post](#) (wash & boil to eliminate their natural odour & pan-fry to get the best texture). When done, keep in a bowl and set aside.
2. Halve and deseed the chili pepper and chop the cilantro stalks. Keep the cilantro leaves for garnish. Peel and finely chop the ginger and the garlic. Slice the mushrooms into medium-sized pieces.
3. Place the garlic, cilantro stalks, ginger and chili pepper into a pan greased with half of the ghee and fry over a medium-high heat until fragrant.
4. Add the raw prawns and cook for 2-3 minutes or until pink while

stirring and set aside.

5. Slice the spring onion and place in a bowl filled with water to clean - all the dirt will settle at the bottom of the bowl. Using a slotted spoon, place on a kitchen towel to drain. Halve, deseed and slice the green and red peppers.
6. Place the onion in a pot greased with the remaining ghee and cook for just a minute. Add the green and red peppers, and mushrooms.
7. Cook for 2-3 minutes over a medium-high heat until crisp-tender. Then add the bean sprouts and cook for another minute. 8. Add the coconut aminos and fish sauce.
8. Add the prepared shirataki noodles and mix until well combined. Cook for about a minute to heat up.
9. Finish with fresh lime juice, Erythritol or stevia (optional) and the reserved cilantro leaves and combine well.
10. Take off the heat and place in a serving bowl.
11. Enjoy! To store, refrigerate for up to 3 days and reheat before serving.

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