

Easy Shrimp Lo Mein with Mushrooms and Garlic Sauce

Garlic Shrimp and Mushroom Lo Mein

TIME
25 min

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INGREDIENTS

- 8 oz dried lo mein noodles
- 1 lb shrimp, peeled and deveined
- 8 oz cremini mushrooms, sliced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- ... cup low-sodium soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon honey or maple syrup
- 1 green onion, thinly sliced (optional garnish)

DIRECTIONS

- 1. Cook the Noodles:** Prepare lo mein noodles according to package instructions. Drain and set aside.
- 2. Cook the Shrimp:** Heat olive oil in a large skillet or wok over medium-high heat. Add shrimp and cook 3-4 minutes per side until pink and opaque. Remove and set aside.
- 3. Sautø Mushrooms & Garlic:** In the same skillet, sautø sliced mushrooms and minced garlic for 3-4 minutes until softened and fragrant.
- 4. Combine Everything:** Return shrimp to the skillet. Add cooked noodles, soy sauce, sesame oil, and honey or maple syrup.
- 5. Toss & Heat Through:** Toss everything together until evenly coated and heated through.
- 6. Garnish & Serve:** Sprinkle with sliced green onions if desired and serve immediately.

SWAPS & NOTES

& Swaps Lo mein noodles: Spaghetti works as a convenient substitute.

Shrimp: Fresh or frozen (thawed) both work well.

Mushrooms: Button or shiitake mushrooms can be used instead of cremini.

Sweetener: Honey adds depth, while maple syrup keeps it refined-sugar free.

TIPS FOR SUCCESS

Don't overcook shrimp - they cook quickly and can become rubbery.

Use high heat for better stir-fry flavor.

Toss noodles gently to avoid breaking them.

Prep all ingredients before starting - this recipe moves fast.

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Original recipe: <https://chefmaniac.com/easy-shrimp-lo-mein-with-mushrooms-and-garlic-sauce/>