

Lau Lau

Yield: 4 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/butterfish-recipe-indian>

Ingredients:

- 1/2 pound butterfish salt, rinsed several times to remove excess salt
- 1/2 pound pork butt cut into 1 inch cubes
- 4 boneless chicken thighs
- 1 tablespoon Hawaiian sea salt
- 8 leaves ti leaves
- 1 pound taro leaves

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 180 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 42 grams
7. SaturatedFat: 9 grams
8. Sodium: 2010 milligrams

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