

# Nyonya Chap Chye (Braised Mixed Vegetable Stew)

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chap-chye-recipe-chinese>

## Ingredients:

- 4 9/16 cups napa cabbage cut into large chunks
- 1 3/4 tablespoons wood ear mushrooms
- 1 1/16 ounces shiitake mushrooms
- 1 3/4 ounces beancurd sheets dried, tau kee
- 3 tablespoons cooking oil
- 2 5/8 cups noodles mungbean thread
- 1 teaspoon fat choi
- 4 cloves garlic finely minced
- 1 cup dried shrimp
- 3 1/2 ounces boneless skinless chicken thighs you can also use chicken breast or pork belly, diced or thinly sliced
- 1 tablespoon bean paste fermented, (tau cheo)
- 2 teaspoons dark soy sauce
- 1 tablespoon oyster sauce use vegetarian oyster sauce for vegan version
- 1/2 teaspoon sugar
- 1 teaspoon sesame oil

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

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