

# Char Sui Pork, Chinese Barbecue Pork

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-barbeque-pork-recipe>

## Ingredients:

- 1 1/2 pounds pork fillet whole, tenderloin
- 2 tablespoons honey
- 1/2 cup sauce hoi sin
- 1 tablespoon brown sugar
- 1/2 teaspoon five spice powder
- 1 teaspoon oyster sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon red bean curd or crushed yellow
- 2 tablespoons rice wine
- 1 teaspoon sesame oil
- 1 1/2 pounds tenderloin whole pork fillet
- 2 tablespoons honey
- 1/2 cup sauce hoi sin
- 1 tablespoon brown sugar
- 1/2 teaspoon five spice powder
- 1 teaspoon oyster sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon red bean curd or crushed yellow
- 2 tablespoons rice wine
- 1 teaspoon sesame oil

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 115 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams

6. Protein: 40 grams
  7. SaturatedFat: 2.5 grams
  8. Sodium: 1010 milligrams
  9. Sugar: 30 grams
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