

ShaoBing - Chinese Breakfast Flatbread

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-breakfast-recipe>

Ingredients:

- 300 grams plain flour [300g]
- 165 milliliters water [165ml]
- 1/2 teaspoon salt [1/3tsp]
- 250 grams ground beef [250g]
- 1 tablespoon Chinese cooking wine [1tbsp]
- 1 tablespoon soy sauce [1tbsp]
- 2 teaspoons sesame oil [2tsp]
- 1 teaspoon spices five, [1tsp]
- 1 teaspoon chicken powder [1tsp]
- 1/4 teaspoon salt or to taste [1/4tsp]
- 1/3 cup chopped onion [1/3cup]
- 1/4 cup chopped coriander [1/4cup]
- 1/4 cup spring onion [1/4cup]
- 2 teaspoons ground ginger [2tsp]
- 1/3 cup oil [1/3cup]
- 2 tablespoons spring onion [2tbsp]
- 1 1/2 tablespoons flour [1.5tbsp]
- 2 teaspoons Sichuan peppercorn powder [2tsp]
- 2 teaspoons white pepper [2tsp]
- sesame seeds Have some, ready [??]
- 3 tablespoons vegetable oil to fry the bread [3tbsp]

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 45 milligrams
4. Fat: 43 grams

5. Fiber: 4 grams
 6. Protein: 21 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 720 milligrams
 9. Sugar: 1 grams
 10. TransFat: 1 grams
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