

Chinese Broccoli Stir-fry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-broccoli-stir-fry-recipe>

Ingredients:

- 1 pound Chinese broccoli washed thoroughly, ends trimmed and cut at an angle into 2- to 2½-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon msg or mushroom powder, optional
- 2 tablespoons oil any neutral flavored oil, such as vegetable or canola oil
- 7 slices fresh ginger thin slices
- 4 cloves garlic sliced
- 1 tablespoon rice wine clear, can also use Shaoxing wine, though clear rice wine yields a cleaner, milder flavor

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 380 milligrams
8. Sugar: 2 grams

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