

Chinese Broccoli with Oyster Sauce

Yield: 3 min
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-broccoli-with-oyster-sauce-recipe-easy>

Ingredients:

- 1 bunch kai lan about 250g
- 1 tablespoon cooking oil
- 3 shallots peeled and sliced
- 3 tablespoons oil
- sauce mix well
- 2 tablespoons oyster sauce Lee Kum Kee
- 1 tablespoon light soy sauce
- 4 tablespoons water
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 21 grams
3. Fat: 19 grams
4. Protein: 4 grams
5. SaturatedFat: 1.5 grams
6. Sodium: 640 milligrams
7. Sugar: 1 grams

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