

Loh Mai Gai (Steamed Sticky Rice with Chicken)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-and-dried-mushroom-recipe>

Ingredients:

- 1 stick chinese sausage sliced
- 4 stalks dried mushrooms soaked, sliced
- 100 grams chicken breast fillet sliced
- 1 1/2 cups glutinous rice washed and soaked overnight.
- 10 pieces dried chestnuts cleaned and boiled for 20 mins.
- 5 pieces bamboo leaves washed and soaked with hot water
- 3 tablespoons oyster sauce
- 1 teaspoon dark soy sauce
- 1 tablespoon light soy sauce
- 2 tablespoons rice wine
- 1 tablespoon ginger juice omitted
- 1 teaspoon sugar omitted
- 2 tablespoons sesame oil
- 1 pinch white pepper
- 3/4 cup water
- 1/2 teaspoon five-spice chinese
- 2 tablespoons oyster sauce
- 1 teaspoon dark soy sauce
- 2 teaspoons light soy sauce
- 1 pinch white pepper
- 3 tablespoons garlic oil fried
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 15 milligrams

4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 3 grams
8. Sodium: 1180 milligrams
9. Sugar: 2 grams

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