

Chinese Vegetable (Choy Sum) with White Sauce

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-a-choy-recipe>

Ingredients:

- 8 ounces choy sum
- leafy greens
- button mushrooms Some canned, sliced
- sliced carrots Some
- 6 shrimp medium-sized, peeled and deveined
- 1 inch ginger peeled and sliced thinly
- 2 tablespoons cooking oil
- 1/2 teaspoon salt
- 1/2 teaspoon fish sauce or to taste
- 1/2 tablespoon sugar
- 1/2 tablespoon corn starch
- 6 tablespoons water
- 1 teaspoon Shaoxing wine
- 1/4 teaspoon sesame oil

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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