

# Black-Bean Shrimp with Chinese Broccoli

Yield: 8 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-okra-recipe-fermented-black-beans>

## Ingredients:

- 3/4 cup homemade chicken broth reserved from winter melon soup or store-bought chicken broth, reduced-sodium if canned
- 3 tablespoons chinese rice wine preferably Shaoxing or medium-dry Sherry
- 3 teaspoons light soy sauce preferably Pearl River Bridge brand
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1 1/2 pounds gai lan Chinese broccoli
- 1 1/2 pounds shrimp in shell large, 21 to 25 per lb, peeled and deveined
- 1 tablespoon peanut oil
- 1 piece fresh ginger peeled and cut into very thin matchsticks
- 2 tablespoons fermented black beans rinsed and chopped
- 2 garlic cloves minced
- 1/2 chile fresh jalapeño, including seeds, or to taste, cut crosswise into 1/8-inch-thick slices
- 1 teaspoon sesame oil Asian

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 6 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 210 milligrams
7. Sugar: 1 grams

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