

# Seafood Hor Fun

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-kway-teow-recipe>

## Ingredients:

- 2 1/4 pounds kway teow or hor fun
- 1 7/8 cups vegetables green leafy, – I used cai xin, cut, washed and drained
- 2/3 pound pork sliced
- 1 cake fish , sliced thinly
- 12 prawns large, shells removed and deveined
- 4 egg whites or 3 whole eggs
- 8 7/16 cups chicken stock or vegetable
- 4 1/4 cups water
- 4 tablespoons potato starch mixed with 4 tbs water, more if you want a thicker gravy
- 2 tablespoons light soy sauce more if required
- 3 tablespoons dark soy sauce more if required
- 3 tablespoons vegetable oil divided
- 3 tablespoons garlic divided
- 1 teaspoon ground white pepper
- shallots fried, optional
- lardons fried, optional
- 1 1/2 teaspoons light soy sauce
- 1 teaspoon wine shao xing
- 1/2 teaspoon sesame oil
- 1 teaspoon corn starch
- 1/4 teaspoon white pepper

## Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 111 grams
3. Cholesterol: 155 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 49 grams

7. SaturatedFat: 7 grams
  8. Sodium: 2550 milligrams
  9. Sugar: 11 grams
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