

Cantonese Style Lobster

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lobster-egg-roll-recipe>

Ingredients:

- 2 pounds lobsters live
- 1/3 cup peanut oil divided
- 1 clove garlic crushed
- 1 slice fresh ginger root minced
- 6 ounces lean ground pork
- 1 cup chicken broth
- 1 tablespoon cooking sherry
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon brown sugar
- 2 eggs beaten
- 3 green onions chopped

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 345 milligrams
4. Fat: 25 grams
5. Protein: 57 grams
6. SaturatedFat: 4 grams
7. Sodium: 1000 milligrams
8. Sugar: 1 grams

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