

Xiamen Minced Meat Rice

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Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-minced-meat-recipe>

Ingredients:

- 7/8 pound minced meat pork, chicken, beef or lamb
- 2 9/16 cups frozen vegetables
- 2 potatoes peeled and cubed
- 1 cup water
- 5/8 cup shallot peeled and thinly sliced
- 1 onion large, diced - I omitted this
- 4 cloves garlic minced
- 4 eggs fried sunny side up
- 2 cups rice cooked
- 1 tablespoon oyster sauce
- 1 tablespoon Shaoxing wine
- 2 tablespoons dark soy sauce
- 5 tablespoons fried shallots
- salt to taste
- 1 teaspoon five spice powder
- 1 teaspoon white pepper
- 1 tablespoon sugar I used 1 teaspoon sugar
- 1 tablespoon corn flour
- 2 tablespoons light soy sauce

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 275 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 35 grams

7. SaturatedFat: 6 grams
 8. Sodium: 1400 milligrams
 9. Sugar: 6 grams
 10. TransFat: 1 grams
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