

Chinese Wonton

Yield: 50 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-recipe-with-iceberg-lettuce>

Ingredients:

- 1 packet pastry Wonton, makes 50
- 250 grams ground pork or chicken or turkey or soya
- 6 prawns / Shrimps, cleaned
- 3 mushrooms Dried Chinese
- 2 tablespoons bamboo shoots or Water Chestnuts
- 1 scallion / Spring Onion
- 1/2 inch fresh ginger piece
- 1 garlic clove
- 1 tablespoon oyster sauce
- 1 tablespoon chinese rice wine
- 1 tablespoon soy sauce
- 2 tablespoons cornstarch
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon white pepper Fine
- 1 iceberg lettuce
- 2 pints chicken or Vegetable Broth
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 15 milligrams
4. Fat: 2 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 45 milligrams

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