

# Vegetables in Chinese Brown Sauce

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-pak-choi-recipe>

## Ingredients:

- 2 pak choi baby, sliced lengthways
- 2 carrots sliced into 5 mm slices
- 1 handful bean sprouts
- 5 shiitake mushrooms sliced
- 3 spring onions sliced
- 1 inch ginger peeled and thinly sliced to make about 2 teaspoons
- 1 garlic clove very finely chopped
- 2 glugs oil groundnut, peanut
- 1 tablespoon corn flour
- 1/2 teaspoon fish sauce Nam Pla - from any good supermarket in the Oriental grocery section
- 1 tablespoon dark soy sauce
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1 pinch white pepper
- 150 milliliters water
- 1/2 Shaoxing wine a tablespoon
- 1 teaspoon sesame oil

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 29 grams
3. Fat: 16 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 920 milligrams
8. Sugar: 17 grams

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