

Dim Sum Sticky Rice Lotus Leaf Wraps (Lo Mai Gai)

Yield: 10 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sticky-rice-in-lotus-leaves-recipe>

Ingredients:

- 2 tablespoons light soy sauce
- 1/2 teaspoon ground white pepper
- 1 tablespoon oyster sauce
- 1/2 teaspoon five spice powder
- 1 tablespoon ginger very finely chopped
- 1 tablespoon Shaoxing wine
- 1 teaspoon corn starch
- 4 boneless skinless chicken thighs cut into small chunks
- 4 cups rice sticky, sweet
- 2 tablespoons dark soy sauce
- oil for cooking
- 6 cups mushrooms coarsely chopped, we used shiitake and oyster mushrooms
- 3 cups scallion chopped
- 1 teaspoon sea salt
- 5 whole lotus leaves soaked in warm water for 1 hour, rinsed, stems trimmed, and cut in half, or parchment paper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 30 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 700 milligrams
9. Sugar: 2 grams

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