

Yin Yang Vegetable dumplings

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-yin-yang-fried-rice-recipe>

Ingredients:

- 1 tablespoon cooking oil
- 1 teaspoon minced garlic
- 1/2 cup shredded carrots
- 1/4 head cabbage thinly sliced. Don't use the hard stems
- 1/2 cup chives
- 2 shallots peeled and thinly sliced
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon salt
- 1 pinch ground white pepper
- 3 large eggs beaten
- 2 cups cooking oil for shallow fry the yan dumplings
- 1/4 cup soy sauce
- 1 tablespoon minced garlic
- 1/8 cup rice vinegar
- 1 stalk green onion finely chopped
- 2 chili bird's eye, optional
- 6 dried shiitake mushrooms soaked with warm water until soft and then thinly sliced

Nutrition:

1. Calories: 1160 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 165 milligrams
4. Fat: 119 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 10 grams
8. Sodium: 1340 milligrams
9. Sugar: 2 grams

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