

Wonton Chicken Noodle Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-chicken-wonton-recipe-chinese>

Ingredients:

- 5 garlic cloves
- 1 teaspoon black peppercorns
- 1 5/8 inches ginger piece, roughly chopped
- 2 tablespoons vegetable oil
- 2 chicken thighs
- 4 whole star anise
- 6 cups chicken stock
- 3 tablespoons soy sauce
- 1 teaspoon sea salt
- 11/16 teaspoon bok choy to serve
- Chinese egg noodles cooked, or your noodle of choice to serve
- wontons
- 7 ounces chicken mince
- 1/4 cup spring onion finely sliced, scallions
- 1 teaspoon sesame oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground white pepper
- 1 tablespoon water
- 1 teaspoon corn flour cornstarch
- 3 1/2 ounces peeled prawns roughly chopped
- 20 wonton wrappers

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 180 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 48 grams

7. SaturatedFat: 6 grams
 8. Sodium: 2440 milligrams
 9. Sugar: 8 grams
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