

Beancurd With Minced Pork & Mushrooms

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-beancurd-recipe>

Ingredients:

- 2 beancurd Japanese egg
- 3 mushrooms Chinese, soaked & shredded
- 1 3/4 ounces minced pork
- 1 3/4 ounces shelled prawns chopped
- 1 1/16 ounces anchovy small dried, deep fried
- 1 red chilies chopped
- 1 spring onion chopped
- 2 garlic finely chopped
- 1/2 cup water
- 1 tablespoon oyster sauce
- 1/2 tablespoon light soy sauce
- 1 teaspoon sugar
- 1 tablespoon Shaoxing wine
- 1 teaspoon pepper
- 1/4 teaspoon dark soy sauce

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 25 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. Sodium: 280 milligrams
8. Sugar: 2 grams

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