

Cantonese-Style Lobster with Ginger and Scallions

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/lobster-spring-onion-ginger-chinese-recipe>

Ingredients:

- 1/4 cup Shaoxing wine or dry sherry
- 1 tablespoon soy sauce
- 1/2 cup cornstarch divided
- 1/2 cup store bought low sodium chicken stock or homemade
- 2 lobsters preferably soft shell, about 1 1/4 pounds each
- 1 quart vegetable canola, or peanut oil
- 1/2 teaspoon white pepper
- 1 teaspoon salt
- 2 inches ginger knob, peeled and cut into fine matchsticks
- 1 bunch scallions whites finely sliced on the bias
- 1 hot pepper long green, finely sliced on the bias
- 12 yellow chives cut into 2-inch pieces, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 80 milligrams
4. Fat: 3 grams
5. Fiber: 9 grams
6. Protein: 23 grams
7. Sodium: 1280 milligrams
8. Sugar: 1 grams

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