

Vegan Chinese Curry "Beef" Buns

Yield: 16 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-chinese-curry-mee-recipe>

Ingredients:

- 1 batch curry "Beef" Filling, choose TVP or lentil-based
- 1 cup almond milk or your choice of plant milk, war, 105°F-115°F
- 1 tablespoon brown sugar
- 2 1/4 teaspoons yeast one envelope traditional or instant
- 3 tablespoons aquafaba chickpea/white bean brine*
- 1 teaspoon sea salt
- 3 1/2 cups all-purpose flour plus extra for kneading
- 1 tablespoon maple syrup
- 1 tablespoon water
- 1 cup hot water
- 1 teaspoon marmite or dark miso paste
- 3/4 cup tvp texturized vegetable protein
- 1/3 cup water cold or room temperature
- 1 tablespoon cornstarch
- 1/2 tablespoon hoisin sauce
- 2 teaspoons soy sauce or tamari/liquid aminos
- 2 teaspoons coconut oil or your choice of cooking oil
- 1 cup chopped onion
- 2 cloves garlic minced
- 4 shiitake mushrooms rehydrated from dried
- 1 1/2 tablespoons Madras curry powder
- 1/4 teaspoon red chili flakes optional
- 1/2 teaspoon sea salt or to taste
- 1 pinch black pepper or to taste

Nutrition:

1. Calories: 130 calories

2. Carbohydrate: 25 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 290 milligrams
8. Sugar: 2 grams

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