

# Chinese Chili Soya Mushroom

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-and-capsicum-chinese-recipe>

## Ingredients:

- 6 mushroom
- 1 cup soya chunks
- 2 cups capsicum
- 2 onion
- 1/4 cup spring onions optional
- 5 cloves
- 1 inch ginger
- 2 tablespoons soya sauce
- 1 rice vinegar
- 2 tablespoons corn flour
- 1 chili flakes
- salt to taste
- 1 oil

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Fat: 4 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 650 milligrams
7. Sugar: 5 grams

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