

Pea Shoots- Chinese style

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pea-sprout-recipe-chinese>

Ingredients:

- 2 cups pea shoots
- 1 tablespoon peanut oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon raw cane sugar
- 3 garlic cloves smashed
- 4 dried chile
- 1 tablespoon Shaoxing wine
- 1 tablespoon chicken stock or water

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 12 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 610 milligrams
8. Sugar: 4 grams

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