

Chinese Steamed Rice Parcels

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/perfect-chinese-steamed-rice-recipe>

Ingredients:

- 2 lotus leaves
- 6 dried shiitake mushrooms
- 1 3/8 cups short grain rice
- 1 tablespoon peanut oil
- 9/16 pound chicken thigh fillets cut into 1.5 cm, 1/2 inch cubes
- 2 garlic cloves crushed
- 3 teaspoons fresh ginger grated
- 4 tablespoons water chestnuts finely diced
- 1 tablespoon chinese rice wine
- 3 tablespoons chicken stock
- 3 tablespoons light soy sauce
- 4 spring onions scallions, thinly sliced
- 1 teaspoon cornflour cornstarch

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 55 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 3 grams
8. Sodium: 740 milligrams
9. Sugar: 1 grams

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