

Braised Pork Shank Noodle Soup

Yield: 5 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-shank-chinese-recipe>

Ingredients:

- 3 pork shanks with skin, about 3 pounds
- 2 star anise
- 1 stick cinnamon 3-inch
- 1/2 tablespoon fennel seeds toasted
- 1/2 tablespoon coriander seeds toasted
- 1 ginger thumb-sized piece of, sliced
- 4 cloves garlic crushed
- 2 tablespoons sugar
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce thick, see note
- 6 cups water
- 1 chow mein noodles pack, usually sold in 16 oz packs, see note
- 5 green onions thinly sliced for garnish, optional
- 1/2 bunch cilantro chopped for garnish, optional
- 1/4 pound pork Chinese BBQ, thinly sliced, optional
- 1/4 pound cake fish, thinly sliced, optional
- bean sprouts or sliced bok choy, blanched, optional
- condiments
- garlic chili sauce or sambal
- lime wedges
- fish sauce

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams

5. Fiber: 4 grams
 6. Protein: 9 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 1070 milligrams
 9. Sugar: 7 grams
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