

# Longevity Noodles with Superior stock and Quail Eggs

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chinese-prawns-noodles>

## Ingredients:

- 10 1/2 cups noodles Longevity
- 6 tablespoons oil For Cooking
- 1 teaspoon chopped garlic
- 7 ounces pork loin fillet sliced
- 1 1/16 ounces dried shitake mushrooms sliced
- 2 1/16 cups yellow chives Chinese, ??, cut into 2cm lengths
- 4 1/4 cups water
- 3 tablespoons chicken stock Concentrated, Or Scallop Stock
- 2 tablespoons oyster sauce
- 12 pieces prawns peeled
- 7 ounces bean sprouts
- cornstarch for Thickening
- 12 pieces quail eggs hard boiled and peeled

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 85 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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