

Sea Cucumber With Mushrooms

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/sea-cucumber-chinese-food-recipe>

Ingredients:

- 3 sea cucumbers dried or ready-prepared
- 24 mushrooms dried Chinese
- 4 tablespoons oil
- 1 skinless chicken breast fillet cut into 2 cm, $\frac{3}{4}$ inch cubes
- 1 egg white
- 4 tablespoons cornflour cornstarch
- 1 tablespoon light soy sauce
- 3 tablespoons oyster sauce
- 3 teaspoons sugar
- 2 spring onions scallions, cut into 2 cm, $\frac{3}{4}$ inch lengths

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 650 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Sea Cucumber With Mushrooms above. You can see more 20 sea cucumber chinese food recipe Elevate your taste buds! to get more great cooking ideas.