

Taro or Yam Rice with Chinese Sausage

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/taro-rice-indian-recipe>

Ingredients:

- 3/4 cup rice
- 7 ounces taro
- 1 chinese sausage / Lap Cheong, ??, ~35g, thinly sliced
- 4 dried black mushrooms
- 1 tablespoon dried shrimps
- 2 shallots finely sliced
- 1/4 cup water or reserved from soaked mushrooms
- 1 tablespoon oil for stir frying
- 1 spring onion finely sliced, optional
- soy sauce to taste
- marinades for taro
- 1/2 teaspoon Chinese five spice powder
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1/8 teaspoon ground white pepper

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. Sodium: 740 milligrams
8. Sugar: 1 grams

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