

Mohinga, Burmese Noodle Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-catfish-soup-recipe>

Ingredients:

- 1 catfish or seabass, gutted and cleaned but left whole
- 6 1/3 cups water
- 1 teaspoon turmeric powder
- 1 teaspoon shrimp paste
- 4 cloves garlic peeled but left whole
- 2 inches ginger sliced
- 1 lemongrass bruised
- 1 medium onion
- 3 cloves garlic
- 2 inches ginger
- 2 lemongrass sliced in rings
- 2 tablespoons peanut oil
- 2 teaspoons chilli paste or chilli powder, to taste
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 2 tablespoons fish sauce
- 1 onion quartered
- 2 tablespoons chickpea flour toasted
- 2 tablespoons rice flour toasted
- 1 1/3 pounds rice noodles fresh, or equivalent dried
- 4 hardboiled eggs
- lime wedges
- green beans finely sliced
- bean sprouts fresh or blanched
- 4 spring onions thinly sliced
- chillies fresh, thinly sliced
- chilli oil

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 250 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1530 milligrams
9. Sugar: 5 grams

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