

# STUFFED MUSHROOM



2 servings



Prep: 25 mins



Cook: 15 mins



## INGREDIENTS

6 pcs	Shitake mushroom, dried and soaked overnight
100g	Broccoli, florets
170g	Chicken, minced
¼ tsp	Pepper
2 tsps	Soy sauce, lower in sodium
½ tbsp	Corn starch
1 ½ tbsp	Water

## METHODS

1. Cut off mushroom stems and chop until fine.
2. Blanch the broccoli florets for 2-3 mins. Set aside,
3. In a medium bowl, add in minced chicken, pepper, 1 tsp of soy sauce and finely chopped mushroom stem. Mix well.
4. Divide the minced chicken mixture into 6 equal portion.
5. Stuff the minced chicken mixture onto the shitake mushroom.
6. In a deep wok, steam the stuffed mushroom for 10 mins or until the chicken is cooked.
7. In a small bowl, mix corn starch and remaining 1 tsp of soy sauce with water. Set aside.
8. Remove steamed stuffed mushroom from wok and transfer the juices into a heated small pot.
9. Add in the cornstarch mixture and cook until the juices thicken.
8. In a 9" plate, place the stuffed mushroom in the centre with the blanched broccoli around it.
9. Pour the thickened juices and enjoy it hot!



LESS  
WASTE

### Nutrition Information (per serving)

Energy 125kcal, Carbohydrate 2.2g, Protein 22.8g, Fats 1.7g, Saturated Fats 0.5g, Polyunsaturated Fats 0.4g, Monounsaturated Fats 0.6g, Cholesterol 50mg, Dietary Fibre 2.6g, Sodium 239mg, Potassium 615mg, Phosphate 310mg

