

Fish and Preserved Mustard Green Soup Recipe

Ingredients: Serves 4

3 small sized yellow croaker
100g preserved mustard green
1 bamboo shoot
1 stalk scallion
2 slices ginger

Seasonings:

1 tablespoon wine
salt to taste

Method:

Clean yellow croakers. Trim off the husk and hard skin of bamboo shoot, then slice it. Rinse preserved mustard green, dice the stem part, keep the leaves uncut, just squeeze out excess water. Heat 2 tablespoons of oil to fry scallion sections and ginger until fragrant. Put fishes in, fry both sides for a while, move to one side or remove them. Put preserved mustard green and bamboo shoot slices in, stir-fry and then splash wine and 6 cups of water in, bring to a boil. Return fishes back to soup, cook over low heat for 15-20 minutes. Remove and discard the leaves of mustard green. Season with salt.

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