



Baked Tahong Recipe

Preparation Time	10
Cooking Time	20
Serving Size	8

Ingredients:

- 1 1/2 kg tahong, boiled and half shell removed
- 1 pouch DEL MONTE Quick 'n Easy Italian Style Pizza Sauce (115g)
- 1/4 cup garlic, minced
- 1 Tbsp parsley, roughly chopped
- 2 Tbsp breadcrumbs
- 1/2 cup melting cheese, coarsley grated

Preparation:

1. Preheat oven to 350°F.
2. Arrange tahong in a tray. Spread with DEL MONTE Quick 'n Easy Italian Style Pizza Sauce. Mix all of the toppings in a bowl and top each tahong with the mixture.
3. Bake for 5 minutes or until cheese melts.

Chef's Tip

Cook mussels only until the shells open. Discard shells that did not open after boiling. Closed shells mean that the mussels are dead and eating them may cause food poisoning.

Lusog Notes

This Baked Tahong dish is high in calcium, which is not only important for bone health but also for blood clotting. It is also rich in vitamin A that supports normal growth.

Cooking Tools

- Grater