



Buko Chopsuey Recipe

Preparation Time	20
Cooking Time	20
Serving Size	6

Ingredients:

- 1/2 cup oil
- 2 pcs tokwa
- 1/2 cup water
- 1/4 cup oil
- 1 cup carrot, cut into strips
- 3/4 cup chicharo/snap peas
- 2 cup pechay Baguio, sliced
- 2 Tbsp garlic, crushed
- 2 Tbsp green onion, sliced
- 250 g shrimp, shrimp heads and shells removed but keep tails intact, reserve head and shell to make shrimp juice
- 1 pc buko, meat cut into 1 1/2-inch x 1/4-inch strips
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 1/2 Tbsp patis

Preparation:

1. Fry tokwa then cut into cubes. Set aside.
2. To make the shrimp juice, pound the reserved shrimp heads and shells using a mortar and pestle. Mix in the water then strain. Set aside.
3. Stir-fry carrots, chicharo, and pechay for 5 minutes or until colors are more vibrant. Set aside.
4. In the same pan, sauté garlic and green onions. Add shrimps, tokwa, buko, DEL MONTE Original Style Tomato Sauce, shrimp juice, and patis. Simmer for 5 minutes.
5. Stir in cooked vegetables. Serve.

Chef's Tip

Do not overcook the vegetables to maintain the crisp texture and retain the nutrients.

Lusog Notes

This Buko Chopsuey recipe dish is an excellent source of vitamin A which helps protect one from infections and promotes normal growth and development. It is also a source of vitamin C that aids in wound healing, and of fiber that aids in digestion.

Cooking Skills Needed

- Slicing
- Frying
- Sautéing
- Simmering

Cooking Tools

- Measuring Cups
- Wooden Spatula
- Chopping Board
- Pot