



Chili Prawns Recipe

Preparation Time	10
Cooking Time	25
Serving Size	6

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, chopped
- 2 Tbsp ginger, chopped
- 2 pc siling labuyo, sliced
- 1/4 cup onion, red, chopped
- 1 1/2 cups coconut milk
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 500 g prawns, medium
- 2 Tbsp soy sauce
- 1 pc egg, beaten
- 2 Tbsp kinchay, chopped

Preparation:

1. Sauté garlic, ginger, siling labuyo, and onions in oil. Add coconut milk and DEL MONTE Original Style Tomato Sauce. Stir and allow to simmer.
2. Add prawns and soy sauce. Cook uncovered for 10 minutes, stirring occasionally, or until prawns turn bright red. Turn off heat.
3. Add beaten egg. Stir until egg is set. Add kinchay and let it stand for a few minutes before serving.

Chef's Tip

Do not overcook the prawns as they turn rubbery. When the prawns turn red orange and curls, they are done.

Lusog Notes

This delicious Chili Prawns recipe is high in protein that is important for growth and development. It is also high in vitamin A which is necessary for normal vision and healthy skin.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Chopping Board
 - Measuring Cups
 - Measuring Spoon
 - Spatula
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