



Crunchy Crab Noodles Recipe

Preparation Time	30
Cooking Time	10
Serving Size	8

Ingredients:

- 1 cup celery, thinly sliced
 - 100 g Baguio beans, cut into strips
 - 1/3 cup bell pepper, red, diced
 - 3 Tbsp margarine
 - 1 can DEL MONTE Crushed Pineapple (227g), drained, reserve syrup
 - 1 Tbsp garlic, crushed
 - 1/2 cup onion, chopped
 - 1 1/2 cups water
 - 1 tsp salt
 - 1/4 tsp pepper, black
 - 1 Tbsp soy sauce
 - 2 tsp calamansi juice
 - 2 Tbsp cornstarch, dissolved in 2 Tbsp water
 - 1/2 cup cashew nuts, chopped
 - 250 g canton noodles
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- 1 1/3 kgs crab, alimasag, boiled and flaked

Preparation:

1. Preheat oven at 350°F.
2. Stir-fry celery, Baguio beans, and bell pepper in margarine. Stir in DEL MONTE Crushed Pineapple. Set aside.
3. Sauté garlic and onion. Add water, reserved pineapple syrup, salt, pepper, and soy sauce. Simmer for 5 minutes.
4. Add calamansi and cornstarch. Simmer until thick. Stir in vegetable mixture and nuts. Set aside.
5. Bake canton noodles for 2-3 minutes or until crunchy. Arrange noodles on platter, spoon sauce, and crab on top.

Chef's Tip

Margarine gives aroma and flavor when used in sautéing.

Lusog Notes

This Crunchy Crab Noodles recipe is rich in calcium and niacin. Calcium is important not only for bone health but also in nerve transmission and blood cutting. On the other hand, niacin helps support the nervous system.

Cooking Skills Needed

- Baking
- Sautéing
- Simmering

- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Oven
- Spatula

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