



## Gambas And Ribbon Pasta Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>30</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 Tbsp oil
- 4 Tbsp garlic, minced
- 1/3 cup bell pepper, red, chopped
- 30 g chives, chopped
- 250 g shrimp (suahe) peeled and chopped
- 1/2 tsp salt
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1/4 cup water
- 225 g ribbon pasta, cooked

### Preparation:

1. Sauté garlic in oil for 1 minute. Add red bell pepper, chives and shrimps. Season with salt.
2. Add DEL MONTE Italian Style Spaghetti Sauce and water. Bring to a boil then turn down heat to simmer for 5 minutes.
3. Mix or pour over cooked pasta.

### Chef's Tip

Minced garlic burns quickly. To avoid burning the garlic, sauté over low to medium heat until it turns a pale golden brown then add all the ingredients. The garlic will still brown as you add the other ingredients so it is best not to reach a dark color before adding the other ingredients.

### Lusog Notes

This pasta dish is rich in vitamin A that is important for skin and eye health. It is also a source of iron which is essential for normal metabolism.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
  - Measuring Spoon
  - Strainer
  - Pot
  - Measuring Cups
  - Spatula
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