



Gambas And Ribbon Pasta Recipe

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| Preparation Time | 10 |
| Cooking Time | 30 |
| Serving Size | 5 |

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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