



## Gambas Guisado Recipe

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**Preparation Time**

**10**

**Cooking Time**

**07**

### Ingredients:

- 1/2 cup extra virgin olive oil
- 1/4 cup garlic, minced
- 500 g shrimp, frozen
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 3 tsp liquid seasoning
- 2 Tbsp parsley, chopped
- 1/4 tsp chili flakes

### Preparation:

1. Over low to medium heat, gently cook the garlic in olive oil until the garlic turns golden. Turn up the heat and immediately add the shrimps.
2. Add DEL MONTE Tomato Ginisa and sauté.
3. Add liquid seasoning, chili flakes, and parsley.

### Chef's Tip

Gently cooking the garlic ensures that the garlic does not burn and turn bitter.

### Lusog Notes

#### Cooking Skills Needed

- Chopping
- Mincing
- Sautéing

#### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Rubber Spatula
- Scissors