



Ginataang Langka Recipe

Preparation Time	10
Cooking Time	35
Serving Size	8

Ingredients:

- 4 stalk tanglad
- 1 cup dilis, dried
- 500 g langka, unripe, sliced
- 1/4 cup onion, sliced
- 1 Tbsp ginger, crushed
- 2 cup coconut milk
- 1/4 cup bagoong alamang
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1 cup coconut cream

Preparation:

1. Line bottom of pan with tanglad. Arrange dilis, langka, onion, and ginger on top. Add coconut milk and bagoong alamang. Simmer over low heat until langka is tender.
2. Add DEL MONTE Original Style Tomato Sauce. Cook for 10 minutes. Add coconut cream. Allow to simmer. Serve.

Chef's Tip

Add the coconut cream last then simmer over low heat to prevent it from curdling.

Lusog Notes

This Ginataang Langka recipe is high in calcium and iron. Calcium makes bones and teeth strong while iron is needed to make red blood cells that carries oxygen around the body.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board