



Longganisa And Quail Eggs Spaghetti Recipe

Preparation Time	10
Cooking Time	15
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 2 tsp garlic, crushed
- 2 Tbsp onion, chopped
- 100 g longganisa, crumbled
- 1 pouch DEL MONTE Filipino Style Spaghetti Sauce (250g)
- 4 pcs quail eggs, hard boiled and shelled
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 1/4 cup cheese, grated

Preparation:

1. Sauté garlic, onion, and longganisa for 5 minutes.
2. Add DEL MONTE Filipino Style Spaghetti Sauce. Cover and simmer over low heat for 5 minutes.
3. Add quail eggs. Pour over cooked pasta. Top with cheese.

Chef's Tip

To make hard boiled quail eggs, place the eggs in boiling water for 4 minutes. Drain and rinse under running water then peel.

Lusog Notes

This dish is a good source of protein which is important not only for growth and development but also for repair of body tissues and regulation of body processes.

Cooking Skills Needed

- Simmering
- Mixing
- Sautéing

Cooking Tools

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