



## Lumpiang Hubad Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>23</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, red, sliced
- 1/2 cup kamote, sliced thinly
- 1/2 cup sayote, sliced thinly
- 1/2 cup carrot, sliced thinly
- 1/2 cup green beans, chopped
- 1/2 cup singkamas
- 1/2 cup cabbage, sliced thinly
- 2 Tbsp water
- 1/8 tsp salt
- 1/8 tsp black pepper, ground

### FOR THE SAUCE

- 1 pack DEL MONTE Quick 'n Easy Kare-Kare Mix (50g)
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 cup water
  
- 2 cups oil, for deep-frying
- 1/4 cup sotanghon
- 1 Tbsp garlic, minced

### Preparation:

1. Sauté onion until translucent. Add the kamote and cook for 2 minutes or until softened then add the sayote, carrot, green beans, singkamas, cabbage, and water. Season with salt and pepper. Set aside.
2. For the Sauce: Combine all ingredients in a pot. Simmer, stirring continuously until the sauce thickens.
3. Deep-fry sotanghon for a few seconds or until it puffs.
4. Toss sautéed vegetables with the sauce, transfer to a serving platter. Top with fried sotanghon and garlic.

### Chef's Tip

Cook the vegetables briefly to keep them crisp. The fried sotanghon adds an interesting crunch to the dish.

### Lusog Notes

This recipe is a source of vitamin A that helps protect one from infections and promotes normal growth and development.

### **Cooking Skills Needed**

- Frying
- Sautéing
- Simmering
- Slicing

### **Cooking Tools**

- Pot
- Chopping Board
- Spatula
- Wok

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