



Lumpiang Hubad Recipe

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| Preparation Time | 10 |
| Cooking Time | 23 |
| Serving Size | 5 |

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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