



## Oriental Garlic Pasta Recipe

---

<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>20</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 2 Tbsp garlic, minced
- 3/4 cup button mushroom, canned, quartered
- 1/4 cup butter or margarine
- 1/2 pc beef bouillon cube
- 3 Tbsp oyster sauce
- 100 g young corn, each cut into 2 diagonally
- 1/4 tsp salt
- 1/3 cup bell pepper, red, cut into strips
- 3/4 cup water
- 2 Tbsp all-purpose flour, dissolved in 1/4 cup water
- 2 Tbsp parsley, chopped
- 2 Tbsp onion, green, chopped
- 1 pack DEL MONTE Spaghetti (175g), cooked

### Preparation:

1. Sauté garlic and mushroom in butter or margarine for 2 minutes. Add beef bouillon, oyster sauce, young corn, salt, and bell pepper. Sauté for 1 1/2 minutes. Add water and simmer for 3 minutes.
2. Add dissolved flour and stir until sauce thickens. Add parsley and green onions. Pour over or blend with cooked DEL MONTE Spaghetti.

### Chef's Tip

Be sure to boil the sauce for at least 5-10 minutes after adding the flour so that the finished sauce will not taste starchy. Mixing the sauce as you add the flour mixture also ensures that the sauce is lump-free.

### Lusog Notes

Two servings of this pasta gives you a source of iron for normal metabolism and of vitamin A for healthy skin and normal vision.

### Cooking Tools

- Chopping Board
- Pot