



Oriental Garlic Pasta Recipe

Preparation Time	15
Cooking Time	20
Serving Size	6

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