



Pinasingawan Na Halaan Recipe

Preparation Time	15
Cooking Time	15
Serving Size	6

Ingredients:

- 1 kg clams (halaan), soak in cold water for 20 minutes to remove dirt, then drain
- 1/4 cup onion, red, sliced
- 1 Tbsp ginger, sliced
- 1 Tbsp garlic, sliced
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 2 stalk tanglad, pounded and tied
- 1 cup water

Preparation:

1. Put halaan in a pot. Add remaining ingredients. Cover and cook for 10 minutes.

Chef's Tip

Remove shells that remain closed after cooking. These are the clams that have gone bad and may cause foodborne illness.

Lusog Notes

This Pinasingawan na Halaan dish is high in iron which is necessary in making red blood cells, which transport oxygen around the body. It is also needed for normal metabolism.