



Pine Hot Pasta Salad Recipe

Preparation Time	10
Cooking Time	10
Serving Size	8

Ingredients:

DRESSING

- 1/2 cup Japanese soy sauce
 - 1/3 cup rice vinegar
 - 1 1/8 Tbsp sesame oil
 - 1 1/8 Tbsp sesame seeds
 - 1/2 tsp sugar, white
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- 1 Tbsp oil
 - 340 g shrimp, peeled, deveined, tail off
 - 1 pack DEL MONTE Elbow Macaroni (400g), cooked
 - 1 can DEL MONTE Pineapple Tidbits (432g), drained, reserve syrup
 - 1/3 cup bell pepper, green, cut into strips, blanched
 - 2/3 cup snap peas/chicharo, blanched
 - 2 1/4 Tbsp green onions, cut into 2-inch strips
 - 2 cups toge

Preparation:

1. To make the hot dressing, mix Japanese soy sauce, rice vinegar, reserved pineapple syrup, sesame oil, sesame seeds, and sugar. Boil for 2 minutes. Set aside.
2. In a pan, heat the oil and sear the shrimps.
3. Mix DEL MONTE Elbow Macaroni, DEL MONTE Pineapple Tidbits, green bell pepper, chicharo, and green onions. Add shrimp.
4. Toss in the hot dressing and toge.

Chef's Tip

For a more aromatic dressing, use roasted sesame oil and toast the sesame seeds in a hot skillet or pan before using.

Lusog Notes

This recipe is a source of protein that is needed for growth and development, and in vitamin A which helps maintain healthy skin and normal vision.

Cooking Skills Needed

- Boiling
- Sautéing

- Mixing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Pot