



Pine Tinapa Rolls Recipe

Preparation Time	10
Cooking Time	30
Serving Size	8

Ingredients:

FOR THE FILLING

- 1 1/4 cup tinapang bangus, flaked, deboned
- 1 can DEL MONTE Crushed Pineapple (227g), drained, reserve syrup
- 2 Tbsp raisins, chopped
- 1/3 cup carrot, finely grated
- 2 Tbsp onion, green, chopped
- 1/8 tsp salt
- 1/8 tsp pepper, black

- 8 pc lumpia wrapper
- - oil, for frying

- - DEL MONTE Sweet Chili Sauce, for dipping

Preparation:

1. Combine all ingredients for the filling. Season with salt and pepper. Mix well.
2. Spread 1 1/2 tablespoons of the mixture at the center of the lumpia wrapper. Fold both ends and roll. Fry until golden brown. Cut into two. Serve with DEL MONTE Sweet Chili Sauce.

Chef's Tip

When frying the rolls, make sure that the oil reaches at least one third to halfway of the rolls so that it cooks evenly.

Lusog Notes

This dish is a source of vitamin A that promotes good vision and helps form and maintain healthy skin. Vitamin A also helps to keep the immune system healthy.

Cooking Skills Needed

- Deep Frying
- Mixing

Cooking Tools

- Chopping Board
 - Pot
 - Mixing Bowl
 - Can Opener
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