



## Pine Tinapa Rolls Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>30</b>
<b>Serving Size</b>	<b>8</b>

### 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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