



QNE Kare-Kare Recipe

Preparation Time	10
Cooking Time	148
Serving Size	5

Ingredients:

- 1/2 kg oxtail, cut into serving options
- 3/4 cup water
- 1 pack DEL MONTE Quick 'n Easy Kare-Kare Mix (50g)
- 1 1/3 cup eggplant (optional), sliced
- 1 cup sitaw/yardlong beans cut-up
- - banana heart (optional)
- 1 bunch pechay Tagalog

Preparation:

1. Put together oxtail and water. Bring to a boil, cover and simmer for 2 hours or until meat is tender. (7,500sec)
2. Add DEL MONTE Quick N Easy Kare-Kare Mix. Stir and simmer over low heat until sauce thickens, stirring occasionally. (300sec)
3. Add eggplant, sitaw, and banana heart, if desired, and simmer for 10 minutes or until vegetables are half cooked. Add pechay and simmer for 3 minutes or until vegetables are done. Serve with sautéed bagoong, alamang and rice. (1,080sec)

Chef's Tip

To make sure that the oxtail does not have any off aroma, boil them in water for 10 minutes then drain and discard the water. Then boil again with the prescribed amount of water until tender.

Lusog Notes

This tasty dish is high in iron needed for red blood cell formation that carries oxygen to all body parts, as well as for normal metabolism. It also has calcium which helps in bone growth and development.

Cooking Skills Needed

- Boiling
- Chopping
- Simmering

Cooking Tools

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