



Seafood Stew Recipe

Preparation Time	20
Cooking Time	35
Serving Size	6

Ingredients:

- 300 g fish fillet, cut into chunks
- 150 g shrimp, shelled
- 150 g squid, each cut into 3 crosswise
- 1/2 Tbsp calamansi juice
- 1/3 tsp salt
- 2 Tbsp garlic, crushed
- 1/3 cup onion, red, sliced
- 3/4 cup carrot, cut into chunks
- 1 cup potato, cut into chunks
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 3/4 cup water
- 1/3 tsp salt
- 1/4 tsp pepper, black
- 1 pc bay leaf/laurel leaf
- 100 g Baguio beans, cut 1 1/2-inch long

Preparation:

1. Sprinkle seafood with calamansi juice and salt. Fry the fish, then set aside.
2. Sauté garlic, onion, carrots, and potatoes. Add DEL MONTE Original Style Tomato Sauce, water, salt, pepper, and bay leaf. Simmer for 15 minutes.
3. Add squid, shrimps, fish, and Baguio beans. Simmer for another 5 - 10 minutes.

Chef's Tip

Choose firm-fleshed fish like dorado, maya-maya, or labahita for this dish so that it will hold well during the stewing and will not fall apart.

Lusog Notes

This recipe is high in vitamin A that helps keep vision and our immune system healthy. It is also a source of iron which is needed for red blood cell formation and for normal metabolism.

Cooking Skills Needed

- Frying
- Slicing
- Sautéing
- Simmering

Cooking Tools

- Measuring Spoon
- Spatula
- Measuring Cups

- Pot