



Shrimp And Vegetable Burger Recipe

Preparation Time	10
Cooking Time	13
Serving Size	10

Ingredients:

- 1 kg banana heart (red variety), trimmed and chopped
- 250 g shrimp, peeled and chopped
- 2 pc egg, beaten
- 1/4 cup onion, red, chopped
- 2 Tbsp garlic, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 2 Tbsp soy sauce
- 1/4 cup breadcrumbs
- 1/4 cup flour, all-purpose
- 1 tsp salt
- 1/2 tsp pepper, black
- 2 cup oil, for frying

Preparation:

1. Soak banana heart in boiling water for 3 minutes. Drain. Cool slightly. Squeeze to remove water or juice. Combine with the rest of the ingredients, except oil. Mix thoroughly.
2. Form every 2 tablespoons of mixture into patties. Fry until golden brown. Serve with DEL MONTE Tomato Ketchup or DEL MONTE Red Cane Vinegar.

Chef's Tip

Soak the chopped banana heart to avoid browning. Squeeze out the liquid before blending with other ingredients to make sure that the patties are not watery.

Lusog Notes

This recipe provides iron that is needed for normal metabolism and vitamin A which helps resist infections and maintains healthy skin.

Cooking Skills Needed

- Mixing

Cooking Tools

- Wooden Spatula
- Chopping Board