



## Shrimp And Vegetable Burger Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>13</b>
<b>Serving Size</b>	<b>10</b>

### 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