



## Shrimp And Chicken Gumbo Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>28</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 2 Tbsp oil
- 1 cup chorizo pamplona, diced
- 1/2 cup onion, red, chopped
- 1 tsp garlic, chopped
- 250 g chicken breast fillet, diced
- 1 cup okra, cut into 1/2-inch round slices
- 1 cup whole kernel corn, drained
- 3 cups chicken stock
- 1 pack DEL MONTE Filipino Style Tomato Sauce (250g)
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 250 g shrimp, peeled, deveined, tail on

### Preparation:

1. Sauté chorizo in oil for 3 minutes.
2. Add onions, then garlic followed by the chicken. Sauté until chicken is slightly browned.
3. Add okra and corn, sauté for 5 minutes. Add chicken stock and DEL MONTE Filipino Style Tomato Sauce, salt, and pepper then simmer for 5 minutes.
4. Add shrimps, simmer until cooked.

### Chef's Tip

Gumbo is known for its thick, almost gravy-like sauce coming from the okra. Make sure to slice the okra just before cooking so that the thick slime from the vegetable goes into the dish to help thicken the sauce.

### Lusog Notes

This tasty dish provides calcium that helps build and strengthen bones and teeth. It also has iron which is essential for the normal metabolism of the body.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups

- Spatula

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