



Shrimp Sotanghon Recipe

Preparation Time	15
Cooking Time	20
Serving Size	6

Ingredients:

- 2 Tbsp oil, for sautéing
- 2 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 100 g shrimp, shells removed but keep tails intact, reserve heads and shells
- 1/4 cup patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 4 cups shrimp stock, from boiled shrimp heads and shells
- - pepper, to taste
- 1 cup toge
- 2 pcs tokwa, fried and cut into strips
- 100 g sotanghon, cut into 2-inch long
- 3/4 cup green onions, cut into 1-inch long

Preparation:

1. Sauté garlic and onion in oil. Add shrimps and when the shrimps are cooked set aside. In the same pan, add patis, DEL MONTE Original Style Tomato Sauce, and shrimp stock. Season with pepper, to taste. Cover and simmer for 10 minutes.
2. Add toge, cooked shrimps, and tokwa. Allow to simmer, then add sotanghon. Simmer for 3 minutes. Top with green onions just before serving.

Chef's Tip

Sautéing the shrimps will give the dish a deeper shrimp taste but remove them as soon as they turn red to avoid overcooking. Overcooked shrimps will turn chewy

Lusog Notes

This dish is a source of vitamin A which helps resist infections and maintains healthy skin. It also has calcium that promotes bone health and plays a role in nerve function, blood clotting and muscle contraction.

Cooking Skills Needed

- Boiling
- Frying
- Simmering

Cooking Tools

- Casserole
- Measuring Cups
- Chopping Board
- Measuring Spoon

