



Super Mami Recipe

Preparation Time	5
Cooking Time	7
Serving Size	8

Ingredients:

- 4 1/4 cup water
- 1 cup carrot, cut into cubes
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 3 pack instant mami noodles (beef or chicken flavor)
- 300 g pechay Baguio, sliced

Preparation:

1. Combine water, carrot, DEL MONTE Filipino Style Tomato Sauce, and seasoning from noodles. Simmer for 10 minutes. Add noodles. Cook for 3 minutes. Add pechay. Allow to simmer.

Chef's Tip

Adding carrots, pechay, and DEL MONTE Filipino Style Tomato Sauce is a good way of supercharging instant noodles with vegetables, while at the same time, making it more visually appealing.

Lusog Notes

This Super Mami dish is rich in vitamin A needed for normal vision and healthy skin. Vitamin A also promotes normal growth and development.