



Sweet And Sour Seafood Soup Recipe

Preparation Time	10
Cooking Time	15
Serving Size	6

Ingredients:

- 2 cup water
- 1 pack DEL MONTE Quick 'n Easy Sweet and Sour Mix (57g)
- 1 1/2 Tbsp patis
- 1/2 Tbsp sinigang mix
- 1 stalk tanglad
- 1 Tbsp ginger, cut into strips
- 1/4 cup button mushroom, canned, sliced
- 2 Tbsp sibuyas Tagalog/shallots, sliced
- 200 g maya-maya fillet, cut into chunks
- 200 g shrimp, peeled with tails intact
- 150 g squid, ink sac removed
- 1 pc siling haba
- 3 tsp wansuy, sliced

Preparation:

1. Boil water with DEL MONTE Quick 'n Easy Sweet & Sour Mix, patis, sinigang mix, tanglad, ginger, mushrooms, and shallots. Simmer for 2 minutes.
2. Add fish, shrimps, squid, and sili. Simmer for 5 minutes. Add the wansuy. Serve.

Chef's Tip

Pound the stalks of the tanglad to release the oils that will infuse into the soup.

Lusog Notes

This Sweet And Sour Seafood Soup dish is high in vitamin A that helps maintain eye health and promotes normal growth and development.