



## Sweet And Sour Seafood Soup Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>6</b>

### 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.