



## Togue Guisado Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>11</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, red, sliced
- 2 tsp garlic, crushed
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 4 Tbsp soy sauce
- 150 g shrimp, frozen
- 1/2 cup carrot, sliced into matchstick pieces
- 800 g togue
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 2 tsp sugar, white
- 2 Tbsp green onions, sliced into 2-inch lengths

### Preparation:

1. In a pan, pre-heat oil then sauté onion until translucent. Add garlic and sauté until aromatic.
2. Add DEL MONTE Tomato Ginisa and sauté until the paste is slightly browned. Add the soy sauce and shrimp then sauté until the shrimps are almost cooked.
3. Add carrots and togue. Season with salt, pepper, and sugar. Sauté for 4 minutes. Garnish with chopped green onions.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Sautéing
- Slicing

### Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Rubber Spatula