



Tom Yum Goong Recipe

Preparation Time	15
Cooking Time	40
Serving Size	4

Ingredients:

FOR THE TOM YUM PASTE

- 3 pc sibuyas Tagalog/shallots, peeled
 - 1 Tbsp garlic, peeled
 - 1/4 cup lemongrass, chopped
 - 2 Tbsp yellow ginger, chopped
 - 1/4 cup cilantro stem, chopped
 - 2 Tbsp patis
 - 1/4 cup lime juice
 - 3 tsp sugar, brown
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- 2 Tbsp oil
 - 4 cup water
 - 1 Tbsp sinigang mix
 - 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
 - 200 g cream dory fillet, cut into 2-inch cubes
 - 200 g mussels (tahong)
 - 200 g shrimp, peeled, deveined, tail on
 - 1 1/4 cup button mushroom, canned (400g)
 - 2 Tbsp cilantro, for garnishing

Preparation:

1. In a blender, mix all ingredients for the tom yum paste until it turns into a thick purée or mash.
2. Sauté tom yum paste over medium heat for 5 minutes. Add water, sinigang mix, and DEL MONTE Tomato Sauce. Bring to boil then simmer for 10 minutes over low heat.
3. Add tahong, dory fillet, shrimp, and mushrooms. Let it boil for 5 minutes.
4. Top with cilantro before serving.

Chef's Tip

Sauté the tom yum paste over medium heat to cook the spices and develop the flavors. The result is a deeper and richer taste.

Lusog Notes

This Tom Yum Goong dish is high in vitamin A that maintains normal vision and healthy skin. It is also high in iron needed for making red blood cells that carry oxygen around the body.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
- Colander

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