



Tortang Hipon At Piña Recipe

Preparation Time	10
Cooking Time	23
Serving Size	16

Ingredients:

- 6 pcs eggplant
- 200 g shrimp, shelled, deveined and diced
- 4 pcs siling haba, seeded and chopped
- 1 can DEL MONTE Pineapple Tidbits (432g), drained
- 8 pcs egg, beaten
- 6 Tbsp all-purpose flour
- 1 tsp salt
- 1 tsp pepper, black, ground
- 2/3 cup oil

Preparation:

1. Broil or grill the eggplants until cooked. Peel and discard stem then chop the flesh.
2. In a bowl, combine the eggplant, shrimp, sili, DEL MONTE Pineapple Tidbits, eggs, flour, salt, and pepper. Mix well.
3. Heat the pan to medium to high heat. Pour 1/4 cup portions of the mixture in the pan and wait until the bottom side has browned and the eggs have set before flipping. The cooked torta will release itself from the pan when ready. Serve with DEL MONTE Ketchup.

Chef's Tip

Devein the shrimps by running a small knife along the back of the shrimp. With the tip of the knife, carefully remove the intestine. Use your fingers to pull it out if necessary.

Lusog Notes

This dish is high in vitamin B1 that supports normal growth and helps the body in converting food to energy. It is also high in vitamin C which helps in the efficient absorption of iron in the body.

Cooking Skills Needed

- Boiling
- Frying
- Slicing

Cooking Tools

- Measuring Cups
- Pot
- Chopping Board
- Measuring Spoon
- Spatula

