



Tortang Monggo Recipe

Preparation Time	05
Cooking Time	50
Serving Size	7

Ingredients:

- 1/3 cup monggo, green
- 1 cup water
- 1 cup alamang, fresh or dulong
- 1 cup malunggay
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1/2 cup flour, all-purpose
- 1/4 cup onion, red, chopped
- 3 pc egg, beaten
- 1 3/4 tsp salt
- 1/2 tsp pepper, black
- 1 cup oil, for frying

Preparation:

1. Bring to boil then simmer monggo in water for 30 minutes or until monggo is cooked. Combine monggo with remaining ingredients, except oil. Mix thoroughly.
2. Fry every 2 tablespoons of mixture in hot oil. Cook until golden brown. Serve with DEL MONTE Chili Sauce or DEL MONTE Red Cane Vinegar.

Chef's Tip

Fry the mixture in a pan over medium to high heat. This allows the batter to set and at the same time brown. A pan that is too hot will burn the batter.

Lusog Notes

This Tortang Monggo dish is a unique spin on the Filipino favorite high in Vitamin A that helps boost the family's immunity and eyesight. It also has calcium which helps in bone growth and development.

Cooking Tools

- Chopping Board
- Pot
- Wooden Spatula