



Tuna Macaroni Rolls Recipe

Preparation Time	10
Cooking Time	30
Serving Size	9

Ingredients:

- 150 g DEL MONTE Salad Macaroni (400g)
- 1 pc chicken bouillon cube
- 2 cups water
- 1 can tuna flakes in brine (184g), drained
- 1 pc egg, beaten
- 1/4 cup green peas, cooked, frozen
- 1 Tbsp all-purpose flour
- 1/2 cup cheddar cheese, coarsely grated
- 1/2 tsp salt
- 1/8 tsp pepper, black

- 18 pcs lumpia wrapper
- 2 cups oil, for deep-frying

Preparation:

1. Cook DEL MONTE Salad Macaroni in water with bouillon cube for 8 minutes. Drain (do not rinse). Combine with all ingredients except lumpia wrapper. Season with salt and pepper. Mix well.
2. Wrap every 2 tablespoons of mixture in lumpia wrapper. Deep-fry until golden brown. Drain on paper towels.

Chef's Tip

Boiling the DEL MONTE Macaroni in chicken stock makes the macaroni more flavorful because it absorbs the liquid that already has flavor.

Lusog Notes

Two servings of this dish can provide a source of iron and niacin. Iron is needed by the body for normal metabolism while niacin promotes normal digestion and healthy skin.

Cooking Skills Needed

- Deep Frying
- Simmering

Cooking Tools

- Measuring Cups
 - Chopping Board
 - Measuring Spoon
 - Spatula
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