



Vietnamese Prawn And Pineapple Soup Recipe

Preparation Time	20
Cooking Time	32
Serving Size	6

Ingredients:

FOR THE SAUCE

- 1 Tbsp calamansi juice
- 1/4 cup patis
- 1/2 tsp siling labuyo, chopped
- 1/4 cup cilantro, chopped
- 2 Tbsp sugar, white
- 1/4 cup water

- 2 liter water
- 1/2 cup onion, red, quartered
- 1 1/2 cup okra, sliced diagonally into 2
- 1 cup sayote, cut into chunks
- 2 pc siling haba
- 1 can DEL MONTE Pineapple Chunks (560g), drained, reserve syrup
- 500 g shrimp, trimmed and cleaned
- 3 tsp sinigang mix
- 2 Tbsp patis
- 2 cup togue, trimmed
- 1/4 cup basil, fresh
- 1/4 cup cilantro

Preparation:

1. Mix all ingredients for sauce. Set aside.
2. In a pot, combine water, reserved pineapple syrup, and onion. Bring to a boil then simmer for 3 minutes.
3. Add in okra and sayote. When half-cooked, add siling haba and DEL MONTE Pineapple Chunks.
4. When the vegetables are cooked, add the shrimps.
5. Season with sinigang mix and patis.
6. Turn off the heat then add togue, cilantro, and basil.

Chef's Tip

Allow the residual heat of the soup to cook the togue, cilantro, and basil. This helps make the togue crisp and the herbs fresh tasting.

Lusog Notes

This delicious soup is high in vitamin A that helps promote good vision. It also helps form and maintain healthy skin, teeth, bones and soft tissues. It is also a source of calcium needed for bone health.

Cooking Skills Needed

- Simmering

- Slicing

Cooking Tools

- Scooper
- Chopping Board
- Measuring Cups
- Pot