



Laswa

## Ingredients

- 1 pc Red Onion
- 1 clove Garlic
- 1 cup Kalabasa
- 3 cups Water
- 0.25 cup Shrimp
- 0.5 cup Sitaw
- 1 cup Eggplant
- 0.5 cup Okra
- 0.5 cup Patola
- 0.25 cup Saluyot
- 1 sachet MAGGI® Magic Sarap® 8g

## Instruction

1. Simmer onion, garlic and kalabasa in water for 5mins.
2. Add swahe, sitaw, eggplant and okra and simmer for another 2 minutes.
3. Stir in patola and saluyot. Season with MAGGI® MAGIC SARAP®. Transfer into a serving bowl and serve immediately.

## Nutrition

Carbohydrates	11.87 g
Energy	583.24 kcal
Fats	3.42 g
Protein	127.14 g

40 Minutes

6 Servings