



Sinuwam na Tahong

Ingredients

- 2 tbsp Vegetable Oil
- 4 cloves Garlic
- 2 pcs Ginger
- 1 pc Onion
- 2 pcs Finger Chili
- 1 kg Mussels
- 2 cups Water
- 1 sachet MAGGI® Magic Sarap® 8g
- 1 pc Finger Chili

Instruction

1. Sauté garlic, ginger, onion and finger chili in oil.
2. Add mussels, stir and cover. Cook for 2 minutes.
3. Pour water, simmer and season with MAGGI® Magic Sarap®. Stir in chili leaves and serve.

Nutrition

Carbohydrates	22.88 g
Energy	261.21 kcal
Fats	9.09 g
Protein	22.13 g

30 Minutes

6 4-6 Servings