



Dinengdeng (Inabraw)

Ingredients

- 3 tbsp Bagoong Isda
- 5 cups Water
- 4 cloves Toasted Garlic
- 1 pc Red Onion
- 2 pcs Tomatoes, red, ripe, cooked
- 2 g Shrimp
- 1 large Kalabasa
- 1 lb Saluyot
- 1 bunch Malunggay
- 1 sachet MAGGI® Magic Sarap® 8g
- 1 fillet Tilapia

Instruction

1. Combine bagoong and water in a pot. Bring to a full boil. Strain out pieces of fish from the simmering broth. Add garlic, onion, tomato and dried shrimps. Simmer for 5mins.
2. Add bulaklak ng kalabasa, saluyot and grilled tilapia. Simmer for 5mins.
3. Stir in malunggay leaves and season with MAGGI® Magic Sarap®. Transfer into a serving bowl and serve.

Nutrition

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| Carbohydrates | 17.53 g |
| Energy | 145.8 kcal |
| Fats | 2.49 g |
| Protein | 21.64 g |

25 Minutes

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