



## Piaparang Ampalayang Uwak

### Ingredients

- 2 tbsp Vegetable Oil
- 1 pc onion, chopped
- 3 cloves garlic, minced
- 2 tbsp Palapang Sakurab
- 1 tbsp Turmeric Powder
- 0.5 kg ampalayang uwak, halved seeded and rinsed well
- 1 pc coconut, freshly grated
- 1 cup Coconut Milk
- 0.5 cup Water
- 2 sachets MAGGI® Magic Sarap® 8g

### Instruction

1. Sauté onion, garlic, tomato and Palapang Sakurab in oil for 10mins.
2. Add turmeric powder, ampalayang uwak and grated coconut. Cook for 5mins.
3. Pour coconut milk and water. Season with MAGGI® Magic Sarap®. Cover and simmer for another 10mins.
4. Transfer on a serving plate and serve.

### Nutrition

Carbohydrates	16.09 g
Energy	335.94 kcal
Fats	30.75 g
Protein	4 g

45 Minutes

8