



Balbacua

Ingredients

- 2 tbsp Vegetable Oil
- 1 pc Onion
- 3 cloves Toasted Garlic
- 5 pcs Cherry Tomato
- 2 tbsp Scallion
- 1 tbsp Turmeric Powder
- 0.5 kg Ampalaya
- 1 pc Young Coconut
- 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	16.84 g	
Energy	339.42 kcal	8
Fats	30.79 g	
Protein	4.17 g	