



Shrimp And Vegetable Burger Recipe

Preparation Time	10 mins.
Cooking Time	13 mins.
Serving Size	10

Ingredients:

- 1 kg banana heart (red variety), trimmed and chopped
- 250 g shrimp, peeled and chopped
- 2 pc egg, beaten
- 1/4 cup onion, red, chopped
- 2 Tbsp garlic, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 2 Tbsp soy sauce
- 1/4 cup breadcrumbs
- 1/4 cup flour, all-purpose
- 1 tsp salt
- 1/2 tsp pepper, black
- 2 cup oil, for frying

Preparation:

1. Soak banana heart in boiling water for 3 minutes. Drain. Cool slightly. Squeeze to remove water or juice. Combine with the rest of the ingredients, except oil. Mix thoroughly.
2. Form every 2 tablespoons of mixture into patties. Fry until golden brown. Serve with DEL MONTE Tomato Ketchup or DEL MONTE Red Cane Vinegar.

Chef's Tip:

Soak the chopped banana heart to avoid browning. Squeeze out the liquid before blending with other ingredients to make sure that the patties are not watery.

Lusog Notes:

This recipe provides iron that is needed for normal metabolism and vitamin A which helps resist infections and maintains healthy skin.