

DALAG WITH BAMBOO SHOOTS AND CORN

(Stewed mudfish with bamboo shoots, grated corn, patola and spices)

Ingredients:

- 2 tbsp cooking oil
- 1 tsp garlic, crushed
- 2 tbsp onion, sliced
- 2 cups corn, grated
- 8 cups water
- 2 tbsp salt
- 1 pc dalag (mudfish), cleaned, sliced in six (6) pieces
- 2 cups labong (bamboo shoots), sliced
- 1 cup saluyot leaves (1 bundle)
- 1 cup patola, sliced

Procedure:

1. Saute garlic, onion, grated corn and bamboo shoots. Add water and add salt to taste.
2. Let it boil until the grated corn and bamboo shoots get soft.
3. Add the mudfish. Leave for 10 minutes.
4. Put the saluyot leaves and cook for 3 minutes.
5. Add patola and let it simmer for 4 minutes.
6. Serve.

Calories: 305 kcal	Protein: 20 g	Fats: 10 g	Carbohydrates: 40 g
--------------------	---------------	------------	---------------------

(per serving)

No. of servings: 6