

# SEAFOOD PANSIT BIHON GUISADO

## Ingredients:

- 500 g Pancit Bihon
- 12-15 pcs Vannamei, peeled and deveined (suahe, P. Vannamei) small to medium size
- 12 pcs Squid, cleaned and cut into rings (small to medium)
- 12-15 pcs Tahong meat
- 200 gms sitsaro
- 2 cups cabbage, sliced into strips
- 1 pc carrot , julienned
- 1 pc red bell pepper, sliced into strips
- 2 tbsp garlic, minced
- 1 pc onion, chopped
- 5 cups shrimp broth (shrimp heads mashed then boiled in water with salt).
- 4 tbsp soy sauce
- 1 tsp salt
- 1½ tsp ground black pepper
- 3 tbsp cooking oil
- Fish sauce (to taste)

## Procedure:

1. Saute garlic until golden brown in color. Add onion, Tahong and Squid. Add also Vannamei, and cook until color turns pink. When cooked, set aside.
2. Using the same pan, pour the shrimp broth, soy sauce, salt and pepper. Let it cook for 3 minutes.
3. Place the vegetables and boil for 5 minutes. Make sure it is half-cooked. Remove the vegetables and set aside.
4. Add the Pansit Bihon. (remove from water)
5. Again, add all the ingredients and cook for 2 minutes. Mix well.
6. Adjust taste.
7. Serve with calamansi.

Calories: 200 kcal	Protein: 10 g	Fats: 5 g	Carbohydrates: 35 g
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(per serving)

No. of servings: 10