



Pinakbet 3-Veggie Recipe

NIBBLEDISH CONTRIBUTOR

Ingredients

- 5 Garlic cloves, crushed and chopped
- 1 red Onion, cut
- 1 plump Tomato, cut
- 15 Okra, cut diagonally in 2
- 1 long green Eggplant, cut
- 3 small Bitter gourd, seeds scooped out; and flesh, cut
- 1/2 cup Water
- 1 1/2 tablespoon Fish sauce
- 3 teaspoon Fish paste
- 1/2 teaspoon Sugar

Instructions

1. Saute' the garlic in hot oil.
2. Add the tomatoes when the garlic turns golden.
3. Season the dish with fish sauce. Crush the tomatoes so that it releases more juice.
4. Add the bitter gourd.
5. Add the remaining vegetables - eggplants, okra; as well as the onions.
6. Add water to cook the vegetables entirely.
7. Season the dish with fish paste, fish sauce and pepper.
8. Let the dish to simmer under low to medium heat.
9. Taste the sauce of the dish. Add sugar if the dish is too bitter for your taste.
10. Let it simmer for at least 5 minutes more.
11. Adjust the taste with fish sauce and pepper for the last time.
12. Turn off the heat.
13. Serve when ready.