

Manado Vegetable Congee Recipe

Ingredients: Serves 4

250g rice, washed and drained
200g pumpkin, chopped
100g sweet potato, chopped
1 cob sweetcorn, extract the kernels
50g young melinjo leaves
50g spinach, washed
50g water convolvulus, washed
5-6 string beans, cut into 2cm pieces
2 teaspoons salt

Ingredients for Sambal Dabu-dabu Lilang:

4 red chilies
6 bird's eye chilies
3 shallots
1 tomato
1 tablespoon lime juice
½ teaspoon salt

Ingredients for Grilled Fish:

500g tuna fish
½ teaspoon salt
½ teaspoon shredded ginger
2 tablespoons vegetable oil

Method:

Add water to a level 3-5 cm above the rice level. Boil until almost cooked. Add pumpkin, sweet potato and corn. When they are cooked, add vegetables and salt. Cook until the cereal thickens. Serve with sambal dabu-dabu lilang and grilled fish or fried salted fish. For Sambal Dabu-dabu Lilang, finely slice the red chilies, bird's eye chilies and shallots. Mix well with chopped tomato, lime juice and salt. For grilled fish. Wash tuna fish and rub with salt, shredded ginger and vegetable oil. Grill until cooked.

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