



Credit: TheOdehlicious.com

Pinakbet



4 servings



35 minutes

INGREDIENTS

- 1 small chopped **onion**
 - 3 cloves chopped **garlic**
 - 1.5 inches thumb-size **ginger** chopped into 3 pieces
 - 1 cup **bitter melon** ampalaya, cut into 1 inch thick
 - 6 pieces of **okra** cut into 1 inch halve diagonal
 - ½ bunch of **green long beans** cut into 3 inches length
 - 1 cup **Kabocha pumpkin** cut diagonal into 1 to 2 inches length
 - 1 large **eggplant** cut diagonally, 1 to 2 inches thick
 - 1 cup chopped **tomatoes**
 - 1 cup peeled & deveined **shrimp**
 - 1 cup of low-sodium **chicken broth**
 - 1 can of **tomato sauce**
 - 4 tablespoon of **bagoong monamon dilis**
 - 2 tablespoon of **olive oil** (For saute)
 - For Frying the Fish (optional)
 - 1 **Tanigue Spanish Mackerel** Steak
 - Olive oil** for frying the fish
- The directions for frying the fish are on the flip side. →

DIRECTIONS

1. In a large pot, add 2 tablespoons of olive oil in medium-low heat
2. Once hot, add garlic and ginger. Stir for 1 minute before adding chopped onion. Continue stirring until the onions turn translucent.
3. Add okra and bitter melon. Stir to combine to reduce the sliminess of the okra, and to help soften & reduce the bitterness of the ampalaya (bitter melon) for a few minutes.
4. Add the rest of the vegetables (eggplant, green long beans, and kabocha), stir then add the chicken broth and tomato sauce. Increase to high heat and bring to a boil.
5. Once it starts to boil, add the bagoong monamon dilis and give it a quick stir. Reduce the heat to low and simmer for 5 minutes.
6. Next, add the shrimp and chopped tomatoes, and continue simmering until shrimp is cooked.
7. Once there is less water and the vegetables are soft enough (not overcook). Turn off the heat and set aside.

This recipe has been adapted to increase brain health benefits.





EAT YOUR WAY TO A BETTER BRAIN

Many traditional Filipino recipes are already quite nutritious and can provide multiple benefits for keeping our brains vibrant and sharp. Pinakbet, for example, is a dish loaded with health-promoting vitamins, minerals, and antioxidants. This particular version contains a wide array of colorful vegetables. Color in foods represent unique bioactive compounds called phytonutrients and many of them have been linked to better cognition and healthier aging [1]. Omega 3 fatty acids, a well-studied nutrient associated with better cognitive function and brain flow in the brain [2], are found in high amounts in tanigue, shrimp, and bagoong monamon included in this recipe. Recent research has also revealed that fermented foods such as bagoong monamon dilis, may provide neuroprotective benefits in the prevention of Alzheimer's and other dementias [3].

By Marcus Asahina

Pinakbet Recipe on flip side →



DIRECTIONS TO FRY THE FISH (OPTIONAL)

1. Pour olive oil into the pan. Wait till the oil is hot.
2. Add the Spanish Mackerel fish steak into the pan. Let it fry for a few minutes till it browns.
3. Flip to the opposite side. Repeat the process.
4. Remove the fish and transfer to a plate lined with paper towel to help absorb any excess oil.
5. Once it cools down, debone and cut the fried fish into small pieces, approximately 1 to 2 inches thick.
6. Place above the pinkabet and either mix the fish in or leave as is.
7. Plate, serve and enjoy!

CITATIONS

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