



Altertrade Philippines Inc.

# HEALTHY - FOOD Recipes

## Ginisang Okra with Fish Flakes

- 🔪 Prep time: 5 mins
- 🕒 Cook time: 20 mins
- 🕒 Total time: 20 mins
- 🍴 Serves: 4

### Ingredients

- 12 to 15 pieces okra sliced
- 4 pieces galunggong fish fried
- 1 medium onion chopped
- 2 medium ripe tomato cubed
- 5 cloves garlic crushed and chopped
- 2 tablespoons Altertrade's Aminos
- 1/8 teaspoon ground black pepper
- 2 1/2 tablespoons olive oil

### Instructions

- Separate the fish from the bones using your fingers. Shred the fish and set aside.
- Heat the cooking in a large wok or frying pan.
- Once the oil gets really hot, saute the garlic and onion.
- Add the tomato and shredded fish. Cook for 2 minutes.
- Stir-in the sliced okra. Cook in high heat for 5 to 10 minutes.
- Add Aminos and ground black pepper. Stir and cook for a 2 minutes.
- Transfer to a serving plate.

Serve with hot Brown Rice.

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