

Gising gising Sigarilyas

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-winged-bean-recipe>

Ingredients:

- 1/2 winged beans or kilo Sigarilyas, sliced diagonally
- 1/4 ground beef kilo
- 4 haba pcs Siling, or Birds Eye chili, sliced diagonally
- 4 cloves garlic chopped
- 1 onion medium sized, chopped
- 1 ginger thumb size, peeled, cut into thin strips
- 4 tablespoons shrimp paste bagoong alamang
- 2 cups coconut milk pure, or 1 can of 400 ml Coconut milk
- 1 tablespoon fish sauce
- salt to taste
- cooking oil Canola

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 75 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 27 grams
8. Sodium: 1520 milligrams
9. Sugar: 5 grams

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