

TINGA

Servings 4

Ingredients

1/2 oz. oil
4 oz. sliced onion
4 oz. sliced tomato (seedless)
1 garlic clove finely chopped
1/2 oz. canned chipotle
1 oz. of chopped tomato (for blending)
4 pieces of sliced **Aquamar Surimi Sticks**
1 dried laurel leaf
Salt and fresh ground pepper to taste

Ingredients to accompany the dish

Sliced avocado
Corn tortillas

Instructions

1. In a frying pan add the oil and the sliced onions.
2. Fry the onions until they are transparent and add the tomato in slices.
3. Blend the chopped tomato with the chipotle.
4. Add the blended mixture to the pan, with the laurel leaf, salt, and pepper.
5. Let it boil and add the **Aquamar Surimi Sticks**.
6. Salt to taste.
7. Remove from heat and leave ready to serve.
8. Serve with tortillas and avocados.



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