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Ateneo de Iloilo - Santa Maria Catholic School

### **MAIN ENTREE**



Fish with coconut milk with green papaya and malunggay leaves

#### **Ingredients:**

Fish

Green papaya (from our backyard)

Malunggay leaves (from our backyard)

Coconut milk (bought whole coconut from the market and have it grated)

Onions

Garlic  
Chili pepper  
Salt  
Oil

Procedure:

Fry the fish. Set aside.

Bring to boil the coconut milk, onions, garlic. Then add the sliced papaya. When papaya is half cook, mix the fried fish. Then, add the malunggay leaves and chili pepper together. Bring to boil again for 1 minute. Serve hot.

\*Food was taken at the wet market and at our nearest super mart. All of these are organic certified.

For leftovers: they would be fed to our pet dogs in the compound. If it is not possible (eg. Rotten) then we would make add it to our compost pit

### **SIDE DISH**

Pickled Radish



Ingredients

1 pc small radish - 5.00  
1 pc native tomato - 1.00  
1 pc native onion - 3.00  
2 tablepoons native coconut vinegar - 2.00  
1 teaspoons salt - .50 cents  
1 teaspoon sugar - 1.00  
Onion leaves

Procedure:

Wash the radish, tomato, onions before cutting. Mix all including the sugar and vinegar.  
Top with onion leaves.  
Serve.

## DRINK



### Lemongrass Juice

#### Ingredients/Price:

1 small bundle Lemongrass - 3.00

Ginger - 3.00

3 pcs kalamansi (Philippine Lime)- 3.00

Sugar - 1 tablespoon - 5.00

#### Procedure:

Boil water. Then add the ginger. Boil for 1 minute. Then add the lemon grass. Boil for 1 minute.

Cool.

Then add the kalamansi juice.

Add 1 tablespoon of sugar or add depends on your taste.

Makes 2 glasses. Add ice

Serve.

\*All ingredients were bought from the local farmer's market.

For leftovers: Put in a reusable container and cool in fridge for the next meal.



When I first learned about this challenge, I told my mom to help me brainstorm the possible food that she would be able to make with organic food bought from the local farmer's market. She said that she would be the one responsible for whipping the recipe. When I came home from school, she told me all about the planning and we set everything else in motion. The rest was history. When we ate dinner, the whole family was satisfied with what we cooked. They were amazed because I told them that these were all organic food (not heavily banked towards animal meat) and they had pitched in an idea to have these kinds of food served for our dinner even once per week. And so with that, we happily concluded our meal and set the leftovers aside because we would feed the dogs with it. Our total costs only amounted to around \$6 or around PHP300. My experience of the Sustainable Supper challenge was very enjoyable as we learned how to bank towards a healthy lifestyle all while helping our environment.



kyrri\_

kyrri\_ Here are our takes on the Sustainable Supper Challenge by PGC! Recipes are down below along with the pictures (slide to the left in order to view) #flosn #pgc2018



1 like

1 MINUTE AGO



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