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Ginataang Gulay

## Introduction

Ginataang Gulay is a beloved Filipino stew that combines fresh vegetables with a rich coconut cream sauce. This dish highlights the vibrant flavors of the Philippines, offering both comfort and nutrition in one bowl. Whether served as a side or a main dish, Ginataang Gulay is a perfect representation of home-cooked Filipino cuisine.

## Detailed Ingredients with measures

- 2 tablespoons vegetable oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 thumb-sized ginger, sliced
- 1 medium-sized eggplant, sliced
- 1 cup long green beans, cut into 2-inch pieces
- 1 cup pumpkin, cubed
- 1 cup malunggay leaves (moringa) or spinach
- 1 can (400 ml) coconut milk
- 2 cups vegetable broth or water
- 1 tablespoon fish sauce (optional)
- Salt and pepper to taste

## Prep Time

10 minutes

## **Cook Time, Total Time, Yield**

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: Serves 4-6

This delicious and creamy Ginataang Gulay can be enjoyed with steamed rice or as part of a larger meal, showcasing the rich culinary heritage of the Philippines in every bite.





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## Detailed Directions and Instructions

### Step 1: Prepare the Ingredients

Gather the necessary vegetables such as eggplant, green beans, and squash. Rinse them thoroughly under cold water. Cut the eggplant into diagonal slices and chop the green beans and squash into manageable pieces.

### Step 2: Sauté the Aromatics

In a large pot, heat oil over medium heat. Add minced garlic, chopped onion, and ginger. Sauté for 2-3 minutes, or until softened and aromatic.

### Step 3: Add the Vegetables

Add the sliced eggplant, green beans, and squash to the pot. Stir well to combine the vegetables with the sautéed aromatics.

### Step 4: Incorporate Coconut Milk

Pour in the coconut milk and bring the mixture to a gentle simmer. Stir the contents to ensure the vegetables are evenly coated with the coconut milk.

### Step 5: Season the Stew

Season the mixture with fish sauce, salt, and pepper according to your taste. Continue to simmer for 15-20 minutes, allowing the vegetables to cook through and absorb the flavors.

### Step 6: Finish and Serve

Once the vegetables are tender, adjust the seasoning if needed. Remove from heat and serve hot over rice, ensuring everyone receives plenty of the delicious coconut sauce.

## Notes

### **Note 1: Vegetable Variations**

Feel free to substitute or add other vegetables like spinach, bok choy, or even tofu for a different texture and flavor profile.

### **Note 2: Adjusting Richness**

For a creamier texture, use full-fat coconut milk, but for a lighter option, you can opt for light coconut milk.

### **Note 3: Serving Suggestions**

This dish can be complemented with steamed rice or served as part of a larger Filipino meal alongside other traditional dishes.





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**Cook techniques**

**Click next page below**