



Bagoong Fried Rice With Tomato Sauce Recipe

Preparation Time	10
Cooking Time	21
Serving Size	8

Ingredients:

- 1/3 cup oil
- 1/3 cup garlic, crushed
- 1/3 cup onion, sliced
- 1 1/2 tsp ginger, cut into strips
- 2 pcs siling haba, seeds removed and sliced
- 130 g pork, ground
- 1/4 cup bagoong alamang
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 7 cups rice, cooked
- 1 cup mango, green, cut into strips
- 1 stalk onion, green, chopped
- 1 pc egg, cooked into omelette then cut into strips

Preparation:

1. Sauté garlic, onion, ginger, siling haba, ground pork and bagoong alamang in oil. Cook for 5 minutes.
2. Add DEL MONTE Original Style Tomato Sauce. Bring to a boil then simmer for 5 minutes. Add cooked rice and mango. Cook while stirring for 2 minutes.
3. Top with green onions and egg strips.

Chef's Tip

It is better to use leftover rice for fried rice dishes. Freshly cooked rice is very moist. This will result in a soggy fried rice.

Lusog Notes

This recipe is a source of iron needed for normal metabolism and vitamin C which is important for the normal structure and functioning of body tissues.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Spatula
- Casserole
- Measuring Cups
- Chopping Board
- Measuring Spoon