



## Bangus Asado Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>12</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

#### SAUCE:

- 150 g DEL MONTE Original Style Tomato Sauce (200g)
- 5 Tbsp soy sauce
- 1/2 cup onion, red, quartered
- 1 cup water
- 1 pc bay leaf/laurel leaf
- 1/4 cup sugar, brown
- 2 pcs star anise
  
- 1/4 cup oil
- 2 Tbsp garlic, minced
- 500 g bangus, daing cut, butterflied

### Preparation:

- 1 Mix all ingredients for the sauce then simmer for 3 minutes.
2. In a pan, sauté garlic in oil until golden brown. Drain and set aside.
3. Put back the garlic oil in the pan and pan-fry the bangus.
4. To serve, pour sauce over the cooked bangus then top with garlic chips.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Frying
- Simmering
- Slicing

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula