



Bangus Asado Recipe

Preparation Time	10
Cooking Time	12
Serving Size	4

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