



Bangus Belly Teriyaki Recipe

Preparation Time	5
Cooking Time	20
Serving Size	6

Ingredients:

- 1 sachet DEL MONTE Quick n Easy BBQ Marinade (80ml)
- 1/3 cup mirin
- 1 tsp ginger, grated
- 1/4 cup water
- 1 tsp cornstarch, dissolved in 1 teaspoon water
- 500 g bangus, belly

Preparation:

1. Combine DEL MONTE Quick n Easy Barbecue Marinade, mirin, ginger, water. Bring to a boil then add cornstarch mixture, stirring continuously until thick.
2. Grill the bangus belly. Baste with sauce.

Chef's Tip

The teriyaki sauce contains sugar that will caramelize and even burn. To avoid burning the sauce, baste the bangus when it is almost fully cooked. Baste liberally then flip the fish to caramelize.

Lusog Notes

This Bangus Belly Teriyaki Recipe is high in protein that supports growth and development. It is also a source of niacin, which helps keep the digestive and nervous systems healthy.

Cooking Skills Needed

- Grilling
- Boiling

Cooking Tools

- Grater
- Grill Pan
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula