



## Bangus Sardines Recipe

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Preparation Time	10
Cooking Time	17
Serving Size	6

### Ingredients:

- 1 kg bangus, small, 6-inch long
- 1 cup carrot, sliced crosswise
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 1/2 cup Contadina Extra Virgin Olive Oil
- 1 cup onion, red, sliced
- 2 Tbsp garlic, whole
- 2 pcs bay leaf/laurel leaf
- 1 pc siling labuyo
- 2 tsp salt
- 1 Tbsp sugar, white
- 1 cup water
- 1/4 cup whole pickle, sliced crosswise

### Preparation:

1. Put all ingredients in a pressure cooker. Cook for 15 minutes.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Slicing

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pressure Cooker