



Cheesy Chicken Afritada Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

- 1 1/2 Tbsp oil
- 1/3 cup onion, red, chopped
- 1/2 tsp garlic, chopped
- 400 g chicken thigh fillet, cut into strips
- 1 1/2 Tbsp patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1/3 cup water
- 1/3 cup carrot, cut into chunks
- 1/3 cup potato, cut into chunks
- 1/3 cup cheese, processed, grated
- 1/4 cup bell pepper, cut into 1 x 1-inch cubes

Preparation:

1. Sauté onion and garlic. Add chicken strips and sauté for 5 minutes.
2. Add patis and stir until it has evaporated then add DEL MONTE Original Style Tomato Sauce, water, carrots and potatoes. Bring to a boil, then simmer until carrots and potatoes are cooked.
3. Add the cheese and bell peppers. Simmer for another 3 minutes.

Chef's Tip

Slice the carrots and potatoes evenly to ensure even cooking.

Lusog Notes

This delicious Cheesy Chicken Afritada dish is a source of vitamin A that helps maintain eye health and promotes normal growth and development. It also contains niacin that helps break down carbohydrates, protein and fats in the body.

Cooking Tools

- Chopping Board
- Grater