

# Chicken Guisantes Recipe

Preparation Time Cooking Time Serving Size 10 23 5

## Ingredients:

- 3 Tbsp oil
- 500 g chicken, breast fillet, cut into 2-inches cubes
- 1/2 cup onion, red, chopped
- 1 tsp garlic, minced
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1/2 cup water
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 2 Tbsp worcestershire sauce
- 1 Tbsp liquid seasoning
- 1/2 cup bell pepper, red, cut into 1 x 1-inch cubes
- 1 cup green peas

### Preparation:

- 1 In a pan, heat oil then pan-fry chicken in batches. Set aside.
- 2. In the same pan, sauté onion and garlic until aromatic.
- 3. Add the DEL MONTE Original Style Tomato Sauce and water. Season with salt, pepper, worcestershire sauce, and liquid seasoning.
- 4. Return the chicken and simmer for 5 minutes.
- 5. Add bell peppers and green peas then cover.
- 6. Plate and serve.

#### **Chef's Tip**

## **Lusog Notes**

## **Cooking Skills Needed**

- Frying
- Sautéing
- Simmering
- Slicing

## **Cooking Tools**

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Rubber Spatula
- Spatula