



## Chicken Inasal Carbonara Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>16</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

- 1/4 cup oil
  - 1 tsp atsuetse seeds
  - 2 Tbsp garlic, minced
  - 1 cup chicken inasal, store-bought, shredded with skin
  - 1 pouch DEL MONTE Carbonara Sauce (200g)
  - 1/2 cup water
  - 2 tsp calamansi juice
  - 1/4 tsp salt
  - 1/4 tsp pepper, black
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- 1 pack DEL MONTE Spaghetti (175g), cooked

### Preparation:

1. Sauté the atsuetse seed in the oil. Remove the seeds from the pan then sauté the garlic in the atsuetse oil until golden brown. Add the shredded chicken and sauté.
2. Pour the DEL MONTE Carbonara Sauce.
3. Mix in the water, calamansi juice, salt, and pepper. Simmer for 3 minutes then pour over the cooked pasta.

### Chef's Tip

Place the atsuetse in a pan with cold oil. Slowly heat the pan to infuse the oil with atsuetse. Allow the atsuetse to sizzle then when the oil has turned a vibrant color then discard the seeds. This method extracts more color from the atsuetse as well as a deeper atsuetse flavor.

### Lusog Notes

#### Cooking Skills Needed

- Chopping
- Sautéing
- Simmering

#### Cooking Tools

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