



Chicken Salpicao Recipe

Preparation Time	10
Cooking Time	25
Serving Size	10

Ingredients:

- 1/2 Tbsp oil
- 1/4 cup garlic, minced
- 1 1/2 Tbsp oil, for browning
- 1 kg chicken, thigh fillet, cut into 1 1/2-inch cubes
- 1/3 cup butter
- 3/4 can button mushroom, canned (400g), cut into halves
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 2 Tbsp liquid seasoning

Preparation:

1. Sauté garlic until golden. Set aside.
2. Brown chicken in 2 batches. Set aside.
3. Sauté mushrooms in half of butter, add the browned chicken then add DEL MONTE Filipino Style Tomato Sauce. Simmer for 2 minutes.
4. Season with liquid seasoning and add half of browned garlic. Add the remaining butter. Mix.
5. Top with remaining garlic.

Chef's Tip

Browning the chicken in batches makes sure that the pan is hot enough to sear the chicken properly. Browning all at once lowers the temperature drastically which causes the juices to come out and boil the chicken instead of browning.

Lusog Notes

This Chicken Salpicao recipe provides protein that is essential for the growth, maintenance, and repair of body tissues and niacin that helps break down carbohydrates, protein and fats.

Cooking Skills Needed

- Sautéing
- Slicing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon