



Chicken Sarciado Recipe

Preparation Time	15
Cooking Time	30
Serving Size	4

Ingredients:

- 500 g chicken, parts or leftover fried chicken, cut into serving portions
- 1/4 tsp salt
- 1/4 tsp black pepper, ground
- 1/2 cup oil, for frying

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, red, sliced
- 1 tsp patis
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1/2 cup water
- 1/4 tsp black pepper, ground
- 1 pc egg, beaten
- 1 Tbsp onion, green, cut into strips

Preparation:

1. Season chicken with salt and pepper. Fry until cooked. Set aside.
2. Sauté garlic, onion, patis, and DEL MONTE Filipino Style Tomato Sauce for 2 minutes.
3. Add water, chicken, and pepper. Bring to a boil, cover and simmer for 10 minutes. Add egg, allow to set slightly then stir. Add green onions. Turn off the heat.

Chef's Tip

Take time to sauté the garlic and onion over medium heat. Cooking them slowly allows the sugar to caramelize and also mellows the sharp onion and garlic taste.

Lusog Notes

This Chicken Sarciado dish is a source of vitamin A which helps maintain healthy vision and protects one from infection, and of niacin that promotes normal digestion and healthy skin.

Cooking Tools

- Chopping Board
- Pot
- Wooden Spatula