



## Chicken Sarciado Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>30</b>
<b>Serving Size</b>	<b>4</b>

### 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