



Chicken Tanglad Recipe

Preparation Time	5
Cooking Time	15
Serving Size	5

Ingredients:

- 500 g leftover roasted chicken, cut into serving portions
- 2 Tbsp onion, sliced
- 2 pc siling haba
- 2 stalk tanglad, pounded
- 3 cup water
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- - salt, to taste
- 1/2 cup sili leaves

Preparation:

1. Combine all ingredients except sili leaves. Bring to a boil then down to simmer for 10 minutes. Add sili leaves. Serve.

Chef's Tip

To use whole lemongrass or tanglad, cut off the tip of stalk, at its blossom end peel off the dried layers. Pound the woody top with the back of your knife or rolling pin. This step releases the aromatic oils that will infuse into the sauce.

Lusog Notes

This Chicken Tanglad recipe is high in protein that is needed for growth, development and repair of body tissues. It also has niacin that promotes normal digestion and healthy skin.