



Chicken Tapa Recipe

Preparation Time	735
Cooking Time	15
Serving Size	8

Ingredients:

- 1 kg chicken, breast fillet, cut into strips
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1/4 cup oil
- 2 3/4 Tbsp garlic, crushed and fried

Preparation:

1. Marinate chicken in DEL MONTE Quick 'n Easy BBQ Marinade overnight in the refrigerator. Fry in oil until cooked. Top with fried garlic.
2. Serve with fried egg if desired.

Chef's Tip

The marinade is sweet and may likely burn the pan if placed on high heat. Be sure to fry the marinated chicken over medium heat so that it browns properly and cooks all the way through.

Lusog Notes

This Chicken Tapa recipe is high in protein needed for growth, development and repair of the body. It is also a source of niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Cutting