



DEL MONTE Red Sinampalukang Manok Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

- 2 Tbsp oil, for sautéing
- 1/4 cup onion, sliced
- 1 Tbsp ginger, cut into strips
- 500 g chicken, thigh and leg, cut into serving portions
- 1 1/2 Tbsp patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 cup water
- 1 cup sitaw, sliced
- 1 pc siling haba
- 2 cup puso ng saging/banana heart, trimmed and sliced
- 1 1/2 Tbsp sinigang mix
- 2 1/4 cup cabbage, sliced

Preparation:

1. Sauté onion, ginger, and chicken in oil for 5 minutes. Add patis, DEL MONTE Original Style Tomato Sauce and water. Boil, cover and simmer for 10 minutes.
2. Add sitaw, sili and banana heart. Simmer for another 5 minutes or until vegetables are tender.
3. Stir in sinigang mix then add the cabbage. Allow to simmer.

Chef's Tip

After slicing the banana heart, soak in water with a bit of calamansi to keep it from browning.

Lusog Notes

This Del Monte Red Sinampalukang Manok dish gives you a source of iron which is important in making red blood cells that carry oxygen around the body.

Cooking Skills Needed

- Boiling

Cooking Tools

- Chopping Board
- Pot