



## Easy Sweet And Sour Fish Recipe

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Preparation Time	10
Cooking Time	30
Serving Size	3

### Ingredients:

#### MAIN INGREDIENTS

- 1 kg dalagang bukid
- 1 1/2 tsp salt, rock
- 3/4 tsp pepper, black
- 1/4 cup all-purpose flour
- - oil, for deep frying
- 2 Tbsp oil
- 1/2 cup onion, red, quartered
- 1/4 cup vinegar
- 1/2 cup DEL MONTE Extra Rich Banana Ketchup (320g)
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained, reserve syrup
- 2 Tbsp soy sauce
- 3 Tbsp sugar, white

### Preparation:

1. Season fish with salt and pepper. Dredge in flour. Deep-fry in oil until crispy.
2. In a separate pan, heat the oil. Sauté onions for 1 minute. Remove from the pan and set aside.
3. Add the vinegar, ketchup, reserved pineapple syrup, soy sauce, and sugar. Simmer while stirring continuously until thick.
4. Add the DEL MONTE Pineapple Tidbits and onions. Pour over fried fish. Serve.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Frying
- Simmering
- Slicing

### Cooking Tools

- Can Opener
- Measuring Cups
- Sauce Pot
- Chopping Board
- Measuring Spoon
- Spatula
- Mixing Bowl