



Egg Sarciado Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

- 5 pcs egg, hard-boiled
- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 1/4 cup onion, chopped
- 1/2 pc chicken bouillon cube
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 1 1/3 cups water
- 1/2 cup potato, sliced
- 1/3 cup carrot, sliced
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 1 pc egg, beaten
- 1 tsp cornstarch, dissolved in 1 tsp water
- 1 Tbsp green onions, sliced (optional)

Preparation:

1. Slice each egg lengthwise then set aside.
2. Sauté garlic, onion, and chicken cube. Add DEL MONTE Filipino Style Tomato Sauce, water, potato, and carrot. Season with salt and pepper. Simmer for 10 minutes.
3. Add beaten egg and dissolved cornstarch. Simmer while stirring for 2 minutes, or until cooked. Add boiled eggs. Top with green onions if desired.

Chef's Tip

To properly make hard boiled eggs, fill the pot with water and place the eggs in the pot. The water should be 1 inch above the eggs. When the water starts to boil, start timing. Hard-boiled eggs are cooked for 10 minutes.

Lusog Notes

This dish is a source of vitamin A that helps support normal growth and development, and of vitamin B2 that helps keep the skin, eyes and the nervous system healthy.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Spatula

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