



Fish Burger Recipe

Preparation Time	20
Cooking Time	45
Serving Size	4

Ingredients:

- 250 g maya-maya fillet, chopped
- 1/2 Tbsp calamansi juice
- 1 cup gabi, boiled and mashed
- 1 cup onion, chopped
- 1 tsp soy sauce
- 1 pc chicken bouillion cube, crumbled
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 can DEL MONTE Sliced Pineapple (227g), drained, reserved syrup

PINEAPPLE SAUCE:

- - reserved pineapple syrup
- 1/2 tsp margarine
- 1/8 cup water
- 1 tsp cornstarch
- 1/8 tsp salt
- 1/4 tsp sugar, white

Preparation:

1. Sprinkle fish with calamansi juice. Combine with the rest of the ingredients for burger except pineapple. Mix thoroughly.
2. Divide mixture into 4 portions form each portion into two patties. Put a slice of DEL MONTE Sliced Pineapple on half patty. Cover with another half patty. Fry until golden brown. Do the same with the remaining mixture. Set aside.
3. Pineapple Sauce: Combine all ingredients. Simmer until thick.

Chef's Tip

The mashed gabi serves as a binder that will help keep the burgers together and also as an extender to the fish.

Lusog Notes

This dish is a source of protein, which is essential in growth and development. Protein also helps build and repair body tissues.

Cooking Skills Needed

- Boiling
- Frying

- Mixing

Cooking Tools

- Chopping Board
- Pot

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