



## Fish Menudo Recipe

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<b>Preparation Time</b>	<b>20</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

#### FOR THE MARINADE

- 2 Tbsp calamansi juice
  - 2 Tbsp soy sauce
  - 1/2 tsp salt
  - 1/2 tsp pepper, black
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- 600 g dorado fillet, cut into 1 x 1-inch chunks
  - 1/3 cup flour, all-purpose
  - 2 cup oil, for deep-frying
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- 2 Tbsp oil
  - 1/2 cup onion, red, chopped
  - 1 Tbsp garlic, minced
  - 1 cup carrot, cut into 1/2 x 1/2-inch cube
  - 1 cup potato, cut into 1/2 x 1/2-inch cube
  - 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
  - 1/2 cup water
  - 1 cup bell pepper, red, cut into 1/2 x 1/2-inch cube
  - 1/2 tsp salt
  - 1/2 tsp pepper, black

### Preparation:

1. Marinate fish with calamansi juice, soy sauce, salt and pepper. Dredge thinly with flour then deep-fry for 3 minutes then set aside.
2. Sauté onion and garlic. Add carrots, potatoes and DEL MONTE Original Style Tomato Sauce then cook until half-done.
3. Add water, bell pepper and fish then season with salt and pepper. Cook until vegetables are done.

### Chef's Tip

Thinly coat the fish with flour to keep it from sticking to the pan as you fry and also to give it a thin crispy crust which will keep it from getting soggy in the sauce later on.

### Lusog Notes

This Fish Menudo recipe is high in vitamin A that helps protect one from infections and promotes growth and development. Vitamin A also helps keep healthy skin and normal vision.

### Cooking Skills Needed

- Slicing

## Cooking Tools

- Chopping Board

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