



Fish Salpicao Recipe

Preparation Time	10
Cooking Time	30
Serving Size	6

Ingredients:

- 350 g tuna fillet, cut into 1-inch chunks
- 3 square tokwa, cut into 1-inch chunks
- 1 tsp calamansi juice
- 1 pc beef bouillon cube, crumbled
- 1 Tbsp Worcestershire sauce
- 1 Tbsp soy sauce
- 1/8 tsp pepper, black
- 1/3 cup garlic, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1/4 cup oil
- 1/4 cup onion, sliced
- 1/2 cup water
- - salt, to taste

Preparation:

1. Marinate fish and tokwa in calamansi juice, bouillon cube, worcestershire sauce, soy sauce, pepper, half of garlic and DEL MONTE Original Style Tomato Sauce for 10 minutes. Drain but reserve marinade. Brown fish and tokwa in oil. Set aside.

2. In the same oil, sauté remaining garlic and onion. Add reserved marinade, water and salt to taste. Cook for 2 minutes. Add fish and tokwa. Allow to simmer.

Chef's Tip

Drain the fried fish and tokwa after frying over paper towels to remove excess oil.

Lusog Notes

This healthy dish is high in iron needed for metabolism and vitamin A that promotes healthy skin and normal vision. It is also high in fiber, which aids in digestion.

Cooking Skills Needed

- Frying
- Sautéing

Cooking Tools

- Measuring Cups
 - Wooden Spatula
 - Chopping Board
 - Measuring Spoon
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