



Fish Tokwa Menudo Recipe

Preparation Time	10
Cooking Time	62
Serving Size	5

Ingredients:

- 350 g dorado fillet, cut into 1-inch cubes
- 1 Tbsp calamansi juice
- 1/4 tsp salt
- 1/4 tsp pepper, black
- 2 Tbsp oil, for frying

- 1 cup water
- 1/2 cup potato, cut into cubes
- 1/2 cup carrot, cut into cubes
- 1 pouch DEL MONTE Quick 'n Easy Menudo Sauce (80g)
- 1/3 cup green peas, frozen, cooked
- 1/2 cup bell pepper, red, cut into strips
- - patis, to taste
- 2 square tokwa, cut into 1-inch cubes and fried

Preparation:

1. Marinate dorado in calamansi juice, salt and pepper for 15 minutes. Fry until golden brown. Set aside.
2. Simmer potatoes and carrot in water until tender. Add DEL MONTE Quick n Easy Menudo Sauce, green peas, bell pepper and patis to taste. Simmer for 10 minutes.
3. Add fish and tokwa. Simmer for 2 minutes.

Chef's Tip

If dorado is not available, you may substitute with any firm-fleshed fish like labahita.

Lusog Notes

This dish is rich in protein and vitamin A. Protein is important for growth and development while vitamin A helps maintain healthy skin and good vision.

Cooking Skills Needed

- Simmering
- Frying
- Marinating

Cooking Tools

- Chopping Board
- Spatula
- Wooden Spatula

