



Fish Tola Recipe

Preparation Time	5
Cooking Time	9
Serving Size	6

Ingredients:

- 6 cup water
- 2 stalk tanglad
- 1/2 cup onion, sliced
- 3 Tbsp patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 1/2 cup patola, sliced
- 500 g asuhos, cleaned
- 1 cup malunggay leaves

Preparation:

1. Combine water, tanglad, onion, patis and DEL MONTE Original Style Tomato Sauce. Bring to a boil then bring down to simmer for 2 minutes.
2. Add patola then simmer for 2 minutes. Add the fish and simmer for another 3 minutes.
3. Add malunggay. Simmer for another minute. Serve.

Chef's Tip

This is a very simple dish that relies on the freshness and quality of the fish. Buy the freshest fish available and do not overcook as the asuhos is very delicate and will fall apart when overcooked. To know if the asuhos is cooked, check the color of the meat. The fish will turn white and opaque.

Lusog Notes

This low-fat Fish Tola dish is a source of protein that helps repair body tissues. It also has iron which is essential for the normal metabolism of the body.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Pot