



## Herbed Fish Fillet Pasta Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>19</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 2 Tbsp olive oil
- 1 Tbsp garlic, crushed
- 1/2 tsp ginger, grated
- 1/4 cup onion, white, sliced
- 250 g tanigue, fillet, cubed
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1 Tbsp basil, fresh, chopped
- 1/3 tsp salt
- 1/4 tsp pepper, black
- 1/2 pack DEL MONTE Spaghetti (400g), cooked
- 1/2 Tbsp cheese, grated

### Preparation:

1. Sauté garlic in olive oil until light brown for 5 minutes. Add ginger, onion and fish. Cook until the fish turns white.
2. Add DEL MONTE Italian Style Spaghetti Sauce and basil leaves. Season with salt and pepper. Bring to a boil then turn down to simmer for 5 minutes.
3. Pour and mix over cooked DEL MONTE Spaghetti. Sprinkle with cheese.

### Chef's Tip

Cook the fish over high heat so that the surface quickly sears without sticking to the pan.

### Lusog Notes

This pasta dish contains Vitamin A that keeps the skin, teeth, and bones healthy. It also promotes normal growth and development.

### Cooking Skills Needed

- Mixing
- Slicing
- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
  - Measuring Cups
  - Spatula
  - Grater
  - Measuring Spoon
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