



## Oriental Lapu-Lapu Recipe

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Preparation Time	15
Cooking Time	45
Serving Size	8

### Ingredients:

- 3/4 kg lapu-lapu, filleted and cut into cubes

### FOR THE MARINADE

- 2 Tbsp reserved pineapple syrup
- 2 Tbsp soy sauce
- 1/2 tsp salt
- 1/4 tsp pepper, black
  
- 2 Tbsp all-purpose flour
- 2 cups oil, for deep frying
  
- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 100 g baguio beans, sliced
- 1/3 cup bell pepper, red, cut into strips
- 3/4 cup water
- 1 1/2 cups togue
- 1 Tbsp all-purpose flour, dissolved in remaining pineapple syrup
- - salt, to taste
- - sugar, to taste
- - soy sauce, to taste
- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserved syrup

### Preparation:

1. Marinate fish for 30 minutes. Coat with flour, then fry until golden brown. Set aside.
2. Sauté garlic, Baguio beans, and bell peppers. Add water, togue, dissolved flour, salt, sugar, and soy sauce to taste. Allow to simmer for 5 minutes. Add DEL MONTE Pineapple Tidbits and fish.

### Chef's Tip

Lapu-lapu is lean fish and will crumble when overcooked. Fry the fish only until it turns golden brown.

### Lusog Notes

This dish is a source of protein and niacin. Protein is essential for the growth and repair of body tissues while niacin helps keep the digestive system healthy.

### Cooking Skills Needed

- Sautéing

- Simmering

### **Cooking Tools**

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon