



Pandan Chicken Sa Gata Recipe

Preparation Time	10
Cooking Time	30
Serving Size	6

Ingredients:

- 750 g chicken, thigh and leg, cut up
- 1 Tbsp garlic, minced
- 1 Tbsp patis
- 2 tsp ginger, minced
- 24 pc pandan leaves

- 1/4 cup oil, for frying
- 1 pack DEL MONTE Quick 'n Easy Gata Mix (40g), dissolved in 1/2 cup of water
- 2 Tbsp siling haba, sliced

Preparation:

1. Rub chicken pieces with garlic, patis and ginger. Wrap pieces in pandan leaves. Secure with toothpick if necessary. Fry until the pandan starts to brown and gets crispy.
2. Combine chicken and dissolved DEL MONTE Quick 'n Easy Gata Mix. Add sili. Cover and simmer for 15 minutes, stirring occasionally. Serve.

Chef's Tip

Wrapping the chicken in pandan gives a subtle flavor and aroma to the dish and also keeps the chicken moist during cooking.

Lusog Notes

This Pandan Chicken Sa Gata recipe is high in protein which is needed for growth, maintenance, and repair of body tissues.

Cooking Skills Needed

- Wrapping
- Mixing
- Rubbing

Cooking Tools

- Toothpick