



Pangat Na Bisugo Recipe

Preparation Time	10
Cooking Time	16
Serving Size	4

Ingredients:

- 1/4 cup calamansi juice
- 2 Tbsp patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 cup water
- 500 g bisugo, cleaned
- 1/2 cup onion, white, sliced
- 1/4 cup leeks, sliced

Preparation:

1. In a pot, combine calamansi juice, patis, DEL MONTE Original Style Tomato Sauce, and water. Put fish and onion. Simmer for 10 minutes.
2. Serve hot. Top with leeks.

Chef's Tip

Bisugo is a delicate fish, do not overcook as this fish will fall apart.

Lusog Notes

Fish are a good source of protein that help repair body tissues. This Pangat Na Bisugo dish also contains vitamin A, which is important for normal vision and healthy skin.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Pot
- Wooden Spoon