



Pechay Guisado Recipe

Preparation Time	15
Cooking Time	10
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, red, sliced
- 2 tsp garlic, minced
- 100 g chicken, thigh fillet, sliced into strips
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 1 Tbsp patis
- 1/2 cup water
- 500 g pechay Tagalog, sliced
- 2 tsp sugar, white
- 1/2 tsp pepper, black

Preparation:

1. Heat oil and sauté onion and garlic until translucent. Add the chicken and continue sautéing until lightly browned.
2. Add DEL MONTE Tomato Ginisa and sauté until lightly browned.
3. Season with patis. Add water and scrape the bottom of the pan. Add pechay stalks first then add the leaves. Season with sugar and pepper.

Chef's Tip

Add pechay stalks first because they cook longer.

Lusog Notes

Cooking Skills Needed

- Sautéing
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Rubber Spatula
- Scissors