



## QNE Chicken Afritada Recipe

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Preparation Time	10
Cooking Time	45
Serving Size	5

### Ingredients:

- 1 Tbsp oil
- 500 g chicken, whole, cut up, season with salt and pepper
- 1 cup water
- 1/3 cup potato, cut into chunks
- 1/4 cup carrot, cut into chunks
- 1/3 cup green peas, frozen, cooked
- 1/2 cup bell pepper, red, cut into strips
- 1/2 tsp salt
- 1/8 tsp pepper, black
- 1 pouch DEL MONTE Quick 'n Easy Afritada Sauce (80g)

### Preparation:

1. Brown chicken in oil, then add water and cook for 20 minutes.
2. Cook potatoes and carrots for 10 minutes, then add green peas, bell pepper, salt, and pepper.
3. Pour DEL MONTE Quick 'n Easy Afritada Sauce and simmer for 5 minutes.

### Chef's Tip

Brown the chicken in batches. Browning the chicken all at once will cool down the pan and will cause the meat to release its juices, leaving the meat dry.

### Lusog Notes

This QNE Chicken Afritada dish is high in vitamin A that promotes normal vision and healthy skin. It is also high in niacin that helps keep the digestive and nervous systems healthy.