



Quick 'n Easy Chicken Caldereta Recipe

Preparation Time	15
Cooking Time	25
Serving Size	4

Ingredients:

- 1/4 cup oil
- 500 g chicken, thigh fillet
- 1 cup potato, cut into chunks
- 1/4 cup onion, red, chopped
- 2 tsp garlic, minced
- 1/2 cup liver spread
- 1 1/2 cup water
- 1 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g)
- 1/4 cup bell pepper, green, cut into 2-inch strips
- 1/44 cup bell pepper, red, cut into 2-inch strips

Preparation:

1. Cook the chicken- Heat the oil in a pan. Brown the chicken thighs on both sides until golden brown then set aside.
2. Cook the vegetable- In the same pan, fry the potatoes until golden brown and cooked through. Set aside.
3. Sauce- Remove the oil from the pan but leave around 2tbsp of oil. Saute the onions and garlic until aromatic. Add the liver spread, water and Del Monte Quick n Easy Caldereta Sauce. Add the chicken back to the pan, cover and simmer until the chicken is cooked. Add the potatoes and bell peppers. Simmer for 1 minute then serve.

Chef's Tip

Browning the chicken is an important step to bring out the meaty taste of the chicken and to achieve the rich meaty taste of beef

Lusog Notes

Cooking Skills Needed

- Chopping
- Pan-Frying
- Sautéing
- Simmering

Cooking Tools

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