



Red Fish Tola Recipe

Preparation Time	10
Cooking Time	27
Serving Size	4

Ingredients:

- 3 cups rice washing or water
- 2 stalks tanglad, pounded then tied
- 2 pcs siling haba
- 2 Tbsp sibuyas Tagalog/shallots, sliced
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- - salt, to taste
- 600 g maya-maya, sliced, head included
- 1/3 cup leeks, sliced

Preparation:

1. Combine all ingredients except leeks and fish. Season with salt to taste.
2. Allow to boil, then turn down to simmer while covered over low heat, for 8 minutes.
3. Add fish. Simmer for 5 minutes. Add leeks. Serve.

Chef's Tip

Rice washing helps to slightly thicken the soup.

Lusog Notes

This dish contains iron, which is needed to make red blood cells that carry oxygen around the body. It also contains niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Slicing
- Boiling
- Simmering

Cooking Tools

- Measuring Cups
- Chopping Board
- Pot
- Rubber Spatula