



Red Pesang Bangus Recipe

Preparation Time	10
Cooking Time	23
Serving Size	5

Ingredients:

- 1/3 cup onion, red, sliced
- 3 Tbsp ginger, cut into strips
- 2 cup water or rice washing water
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 2 1/2 Tbsp patis
- 1/2 kg bangus, cleaned and sliced into 5
- 2 bundle pechay Tagalog

Preparation:

1. In a casserole boil together onion, ginger, rice washing, DEL MONTE Original Style Tomato Sauce and patis for 10 minutes. Add bangus, cover and simmer for another 10 minutes.
2. Add pechay. Simmer until cooked. Serve.

Chef's Tip

Buy only fresh fish. Fresh fish have clear, bulging eyes. It should be shiny and smell clean. The gills should be rich red in color.

Lusog Notes

This simple Red Pesang Bangus dish is rich in Vitamin A, which boosts immunity while keeping skin healthy. It is also high in iron which is essential for the normal metabolism of the body.

Cooking Skills Needed

- Slicing
- Boiling

Cooking Tools

- Chopping Board
- Pot