



## Red Pesang Bangus Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>23</b>
<b>Serving Size</b>	<b>5</b>

### 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