



## Saucy Chicken Patties Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>24</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

#### FOR THE PATTIES

- 200 g chicken, thigh fillet, chopped
- 1/2 cup monggo, red, cooked, mashed
- 2 Tbsp onion, chopped
- 1 pc egg
- 2 Tbsp all-purpose flour
- 3/4 tsp salt
- 1/4 tsp pepper, black

#### FOR THE SAUCE

- 2 Tbsp oil
- 2 Tbsp onion, sliced
- 1/2 pc chicken bouillon cube
- 1 tsp patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 2 Tbsp all-purpose flour
- 1 1/4 cup water
- 100 g Baguio beans, sliced into rings

### Preparation:

1. Combine ingredients for patties. Season with salt and pepper. Form into 1 1/2 tablespoons of patties. Pan grill until just done. Set aside.

2. Sauté onion, bouillon cube, patis, DEL MONTE Original Style Tomato Sauce, and flour. Add water. Simmer for 10 minutes. Add beans. Simmer for 2 minutes. Pour over fried patties.

### Chef's Tip

Let the patties sit for a few minutes after cooking to allow the juices to redistribute in the patties. This will result in a juicier burger.

### Lusog Notes

This dish is rich in iron that helps hemoglobin which transports and holds oxygen in the body. It is also a source of protein that is important for growth and development.

### Cooking Skills Needed

- Sautéing
- Simmering

## Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

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