



Stuffed Tilapia Sa Gata Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

- 3/4 kg tilapia
- 1/2 cup onion, red, diced
- 1/2 cup tomato, diced
- 1 Tbsp ginger, cut into thin strips
- 2 pc siling haba, sliced diagonally
- 2 pack DEL MONTE Quick 'n Easy Gata Mix (40g), dissolved in 1/2 cup water
- 1/2 tsp salt
- 1 pc siling labuyo
- 3 cup spinach

Preparation:

1. Clean fish and make a slit on the side to make a pocket. Combine onion, tomatoes, ginger, and siling haba. Stuff fish with this mixture.
2. Arrange in a pan. Add dissolved DEL MONTE Quick 'n Easy Gata Mix. Season with salt and add siling labuyo. Simmer over low heat for 15 minutes. Add spinach. Simmer for 1 minute.

Chef's Tip

Make sure to thoroughly clean the inside of the fish by running cold water as you remove the gut and blood from the cavity. This will help remove any fishy smell that might get into the filling and sauce.

Lusog Notes

This Stuffed Tilapia Sa Gata recipe is rich in vitamin A for healthy skin and normal vision. It also has iron which is needed for normal metabolism and helps in maintaining healthy red blood cells.

Cooking Skills Needed

- Stuffing