Sweet And Sour Tilapia Recipe

Preparation Time	**15**
Cooking Time	**50**
Serving Size	**6**

Ingredients:

- 1 1/2 kg tilapia
- 1 Tbsp calamansi juice
- 1 Tbsp soy sauce
- 1/4 tsp pepper, black
- 3 Tbsp cornstarch
- 1/2 cup oil

FOR THE SAUCE

- 2 Tbsp DEL MONTE Original Blend Ketchup (320g)
- 1 1/2 tsp cornstarch, dissolved in 1/4 cup water
- 1/2 tsp salt
- 1 tsp sugar, white
- - pinch of pepper
- 2/3 cup cucumber, sliced with peel
- 1/3 cup bell pepper, red, cut into strips

- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserve syrup

Preparation:

1. Marinate fish in calamansi juice, soy sauce and pepper for 30 minutes.
2. Coat with cornstarch. Pan-fry until brown.
3. Combine DEL MONTE Original Blend Ketchup, cornstarch mixture, salt, sugar, pepper, reserved pineapple syrup, cucumber, and red bell pepper. Bring to a boil and simmer until thick. Add DEL MONTE Pineapple Tidbits. Pour over fish.

Chef's Tip

Make sure the tilapia is fresh by looking for certain characteristics. Their eyes should be clear and bulging, and the gills should be red. The flesh should be firm and should bounce back when touched.

Lusog Notes

Fish is a great source of protein that helps repair body tissue. This delectable Sweet and Sour Tilapia dish also contains Vitamin A which keeps the skin and eyes healthy.

Cooking Skills Needed

- Grilling

Cooking Tools

- Chopping Board

- Grill Pan
- Measuring Materials
- Pot
- Wooden Spatula

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