



## Sweet And Sour Tofu Fish Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>25</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 500 g dalagang bukid, filleted and cut into chunks
- 1/2 tsp salt
- 1 cup oil, for frying
  
- 2 Tbsp oil
- 2 pc tokwa, fried and each cut into 6
- 1 Tbsp garlic, crushed
- 2 tsp ginger, minced
- 1 Tbsp green onions, sliced 1-inch long
- 1/2 cup water
- 3/4 tsp salt
- 2 Tbsp sugar, white
- 1/8 tsp pepper
- 1 1/3 cup cucumber, peeled and sliced
- 1/3 cup bell pepper, red, cut into strips
- 1 can DEL MONTE Pineapple Chunks (227g)
- 1/4 cup DEL MONTE Original Blend Ketchup (320g)

### Preparation:

1. Season fish with salt. Fry until golden brown. Set aside.
2. Using a new pan, sauté garlic, ginger, and leeks or green onions. Add water, salt, white sugar, pepper, and the rest of the ingredients except fish. Simmer for 5 minutes. Add fish. Allow to simmer.

### Chef's Tip

Make sure the oil is hot by placing the handle of a wooden spoon into the oil. Small bubbles should form at the surface of the handle.

### Lusog Notes

This recipe is rich in protein which is essential for the maintenance and repair of body tissues. Protein also acts as an antibody, where it attaches itself to viruses or bacteria to help protect the body.

### Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon
- Sauce Pan

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