



Tokwa Fried Rice Recipe

Preparation Time	10
Cooking Time	20
Serving Size	7

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/3 cup onion, sliced
- 1 pc siling haba, seeded and sliced
- 1 pc chorizo de bilbao, thinly sliced
- 1 pc chicken bouillon cube, crumbled
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1/4 cup water
- 2 pc tokwa, fried and cut into short strips
- - salt, to taste
- - pepper, to taste
- 6 cup rice, cooked
- 1/4 cup green onions, chopped

Preparation:

1. Sauté garlic, onion, sili, chorizo, and chicken bouillon cube. Add DEL MONTE Original Style Tomato Sauce, water, and tokwa. Season with salt and pepper to taste. Simmer for 5-10 minutes.
2. Add rice and green onions. Mix until well blended.

Chef's Tip

Allow the chorizo de Bilbao to toast a little. The toasted chorizo will give new texture and the oil released will add loads of flavor to the rice.

Lusog Notes

This Tokwa Fried Rice dish is a source of protein and iron. Protein is essential in growth and development while iron is needed for the formation of red blood cells that carry oxygen to all parts of the body.