



Tuna Fried Rice Recipe

Preparation Time	15
Cooking Time	05
Serving Size	4

Ingredients:

- 1/4 cup oil
- 1 Tbsp garlic, minced
- 1/2 cup onion, red, chopped
- 2 can tuna flakes in oil, spicy (184g), drained
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 1/2 cup green peas
- 1/2 cup whole kernel corn
- 3 cups rice, cooked
- 1 tsp salt
- 1/2 tsp pepper, black
- 1/4 cup green onion, chopped

Preparation:

1. In a pan, preheat oil then sauté garlic and onion until aromatic. Add tuna and DEL MONTE Tomato Ginisa then sauté for 1 minute.
2. Add green peas and corn then sauté for another minute. Add rice and season with salt and pepper. Top with chopped green onions.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Chopping
- Mincing
- Sautéing

Cooking Tools

- Chopping Board
- Measuring Spoon
- Scissors
- Strainer
- Measuring Cups
- Rubber Spatula