



## Tuna Sisig Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 500 g puso ng saging/banana heart, trimmed and cut lengthwise into 2
- 2 cup water
- 1 tsp salt
  
- 2 Tbsp oil
- 1/3 cup garlic, crushed
- 2/3 cup onion, red, chopped
- 1 pc siling haba, sliced
- 3 Tbsp soy sauce
- 350 g tuna fillet, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- - salt, to taste

### Preparation:

1. Boil puso ng saging in water and salt for 20 minutes. Drain, discard the hard middle portion, then chop finely. Set aside.
2. Sauté garlic, onion, and sili. Add 3 tablespoon soy sauce, puso ng saging, tuna, DEL MONTE Original Style Tomato Sauce, and salt to taste. Cook over high for 10-15 minutes while stirring.

### Chef's Tip

To prepare the banana heart, discard the outer fibrous layers. Discard the stem then place in a bowl of salted water until ready to chop or use. The salted water will draw out the sticky sap and will keep the banana heart from turning brown.

### Lusog Notes

This dish is high in vitamin A that helps protect one from infections by strengthening the immune system. It is also a source of iron which is needed for normal metabolism.

### Cooking Tools

- Chopping Board