



Tuna Sisig Recipe

Preparation Time	15
Cooking Time	35
Serving Size	6

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