



Tinolang Isda

- 1/2 kg fish (Rumpi, Tanigue, Talakitok)
- 1 sachet (18 g) DEL MONTE Sandosenang Sarap All-in-One Seasoning
- 150 g (3 pcs) native tomatoes
- 2 pcs siling espada
- 160 g (10 stalks) leeks, sliced into 2

1. Rub fish with 3/4 tsp iodized fine salt (or 2-1/2 tsp iodized rock salt). Set aside.
2. In a casserole, sauté DEL MONTE Sandosenang Sarap All-in-One Seasoning in 2 tbsp oil. Add 6 cups water and tomatoes. Bring to a boil.
3. Add fish, sili, leeks and 1 tsp iodized fine salt (or 1 tbsp iodized rock salt). Simmer for 5 minutes or until fish is cooked.

Makes 6 servings.