



Ginisang Labong with Mega Sardines

By: Mega Bida sa Kusina Consolation Winner Mary Grace Alindayu

INGREDIENTS:

- 2 tbsp. soya oil
- 3 cloves garlic, minced
- 1 medium onion, finely chopped
- 1 tbsp. oyster sauce
- 1 tbsp. soy sauce
- 2 tbsp. vinegar (Sukang Paombong)
- 1 tbsp. brown sugar / asukal na pula
- 1 can Mega Sardines in Tomato Sauce
- 1/2 kilo of “labong” or bamboo shoots (equivalent to 4 cups)
- 1/2 cup water
- Pinch of pepper and salt

PROCEDURES:

1. In a non-stick pan, sauté the garlic and onion in soya oil while the stove is in low heat. Add the Mega Sardines in Tomato Sauce and cook for 2 minutes.
2. Set aside the sardines and half of the sauce.
3. In the same pan, add the bamboo shoots or “labong”, oyster sauce, vinegar, water and brown sugar. Slowly stir until the bamboo shoots are soft.
4. Once it boils, add salt and pepper to taste.
5. Plate and add the sardines and the remaining sauce.
6. Serve and enjoy!

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