



Ginisang Pako with Mega Sardines

By: Mega Bida sa Kusina Special Prize Winner Jonah Carrasco

INGREDIENTS:

Cooking oil

Onion

Tomatoes

Garlic

Pako (edible fern)

Fish sauce

Water

1 can Mega Sardines in Tomato Sauce

For the sauce:

1. In a pan, pour cooking oil and sauté garlic and onion.

2. Then add the tomatoes.

3. Add the Mega Sardines in Tomato Sauce.

4. Add a bit of water, fish sauce and bring to a boil. Then add in the edible ferns or “pako”. Bring to a boil until ferns soften.

5. Place in a bowl and serve with hot steaming rice.

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