



Mega-Log

By: Mega Bida sa Kusina Consolation Winner Irine Hernandez

INGREDIENTS:

- 1 can Mega Sardines in Tomato Sauce with Chili 155g, drained (reserve sauce for later use)
- 2 salted eggs
- 3 tbsp. all purpose flour
- 1 whole egg
- 1 onion, diced
- 1 clove garlic, minced
- Salt to taste

PROCEDURES:

1. Drain Mega Sardines and reserve sauce for later use.
2. Mix flour and eggs in a bowl. Dip in the sardines in the mixture and make sure each is well-covered.
3. Deep fry the breaded sardines until golden brown.
4. Prepare the sauce. Saute garlic and onion, then pour in the sardines' sauce. Add the salted eggs and let it simmer for a few minutes.
5. Pour in the sauce on top of the breaded sardines and serve.

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