



Mega Sardines Dinengdeng

By: Mega Bida sa Kusina Grand Winner Luzviminda Sumalde Mendez

INGREDIENTS:

- 1/4 part of medium sized squash (kalabasa) , cut into thin squares so it can be easily cooked.
- 1/4 cup malunggay leaves, washed
- 1 medium red onion
- 3 tbsp bagoong isda
- 1 can Mega Sardines in Tomato Sauce
- 2 1/2 cups water
- 2 tbsps cooking oil

PROCEDURES:

1. Saute the onion until cooked.
2. Then add the sliced squash and sauté for about 2 minutes.
3. Add 1 can of Mega Sardines in Tomato Sauce and mix.
4. Pour in 2 ½ cups water. Cover the pot and bring it to a boil for about 10- 15 minutes.
5. Then add in the fish paste (bagoong isda), malunggay and let it simmer for about 7 minutes.
6. Serve and Enjoy!

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