



Mega Sardines Laing

By: Mega Bida sa Kusina Consolation Winner Mercedita Padrique Ang

INGREDIENTS:

- 25 pieces dried taro root (dahon ng gabi)
- 2 Cans of Mega Sardines in Tomato Sauce with Chili
- 3 cups grated coconut
- 2 cups water
- 1 big head of garlic (minced)
- 2 small onions (minced)
- 1 tablespoon ginger (grated)
- 2 pieces hot chili pepper (minced)
- 3 tablespoons oil

PROCEDURES:

1. Wash and clean the dried taro root (dahon ng gabi) and slice to 1 inch thin.
2. Extract the milk from the grated coconut and set aside.
3. In a pan, sauté the garlic, onion, ginger and Mega Sardines in Tomato Sauce with Chili.
5. Add in the chili, pepper and dried taro root
6. Cook until the taro root softens.
7. Pour in the coconut milk. Cook until the oil comes out and the taro root is cooked.
8. Serve while hot.

Mega Sardines offers the freshest and most delicious sardines, packed within 12 HOURS FROM CATCHING TO CANNING. Available in easy-open-cans and pouch formats for your convenience.



OfficialMegaSardines



MegaSardines