



Mega Sardines Veggie Pancake

By: Mega Bida sa Kusina Consolation Winner Ma. Lhourdes Mercadero

INGREDIENTS:

- 1 cup all purpose flour
- 1 tsp. salt
- 1/2 tsp Sugar
- 1/2 cup water
- 1 pc egg
- 1/4 cup grated cheese
- 1/2 tsp ground pepper
- 2 pcs. bay leaf
- 1 pc. onion, minced
- 1 can of Mega Sardines in Tomato Sauce with Chili 155g, drained (reserve the sauce for later use)
- 1/4 kilo cabbage, shredded
- 2 stalks of leeks, cut
- Oil for frying

PROCEDURES:

For the batter:

1. In a medium-sized bowl, put the flour, salt and sugar and mix it.
3. Create a well in middle of the flour. Add the egg and mix it.
4. Add 1/2 cup of water. Mix it until the flour is dissolved.
5. Set aside for later use.

For the sauce:

1. In a small pan, heat the reserved Mega Sardines sauce.
2. Add the grated cheese and season with salt and pepper. Then, add the bay leaf.
3. Let it simmer until sauce is thick. Transfer it a nice bowl.

For the pancake:

1. In a medium frying pan, saute the onion, then add the drained Mega Sardines.
2. Add the cabbage and leeks and cook until soft.
3. Mix the cooked Mega Sardines and veggies with the batter
4. Fry it by batch like an ordinary pancake.
5. Serve hot with sauce on the side.

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