



## Chicken Mechado Recipe

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Preparation Time  
Cooking Time  
Serving Size

5 mins.  
45 mins.  
5

### Ingredients:

- 500 g chicken, thigh fillet
- 6 slices bacon, cut into half
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 1 cup onion, red, quartered
- 1 1/2 Tbsp garlic, peeled
- 1 1/2 Tbsp soy sauce
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup potato, cut into chunks
  
- 2 Tbsp oil

### Preparation:

1. Season the chicken thigh fillet with salt and pepper. Fill each chicken thigh fillet with bacon. Roll then secure with a toothpick.
2. In a pot, combine chicken rolls, half of onions, garlic, soy sauce, DEL MONTE Filipino Style Tomato Sauce and potatoes. Simmer for 25 minutes, stirring occasionally.
3. In a pan, sauté remaining onion. Pour on top of chicken. Serve hot.

### Chef's Tip:

Mechado comes from the word "mecha" or "wick of a candle". In cooking, this pertains to placing fat inside a piece of meat so that it does not dry out while cooking. In this case, bacon is used not only to keep the chicken moist but also to add a slight smokey flavor to the dish.

### Lusog Notes:

This local Chicken Mechado dish provides iron which is essential for normal metabolism. It also has niacin that helps break down nutrients for better use in the body.