



2-Week Meal Planner (week 3-4)

101 Quick n Easy Meal Ideas



SUN	MON	TUE	WED	THU	FRI	SAT
MECHADO SAUCE	AFRITADA SAUCE	GATA MIX	GRAVY MIX	TAPA MARINADE	SWEET AND SOUR MIX	SWEET PIZZA SAUCE
15 PORK MORCON	16 CHICKEN AFRITADA	17 GINATAANG KANGKONG AT DAING	18 SAUCY BURGER STEAK	19 PINOY BEEF TAPA	20 SWEET & SOUR PORK	21 CORNED BEEF PIZZA
22 BEEF MECHADO	23 PORK STEW	24 CHICKEN ADOBO SA GATA	25 FANCY CHICKEN NUGGETS	26 CHICKEN TAPA	27 SHANGHAI SWEET & SOUR	28 PIZZARAP

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Pork Morcon

- 1/2 kg pork lomo, sliced morcon style
- 1 tbsp calamansi juice
- 1 tbsp soy sauce
- 2 tbsp all purpose flour
- 80 g DEL MONTE Quick 'n Easy Mechado Sauce

stuffing

- 1 pc small egg, hard boiled, shelled and sliced into 4 wedges
- 1 pc chorizo de bilbao, cut into 4 strips
- 30 g bacon
- 50 g carrot, cut into 3 strips
- 1 pc whole pickle, cut into 3 strips
- 50 g cheddar cheese, cut into 4 strips
- 1 pc small red bell pepper, cut into 4 strips

1 1/4 cups water

1. Pound pork to flatten. Sprinkle with calamansi juice and soy sauce.
2. Starting on one end of the meat, arrange in alternate rows the stuffing until all are used up. Roll and tie with a string (crocheting thread). Sprinkle with flour then brown all sides in 2 tbsp oil.
3. Transfer meat into saucepan, then add DEL MONTE Quick 'n Easy Mechado Sauce and 1 1/4 cup water. Cover and simmer over low heat for 30 minutes or until tender. Remove strings and slice.

Beef Mechado

- 300 g potatoes, cut into chunks
- 2 pc laurel
- 8 cloves garlic, crushed
- 1 kg beef round
- 400 g pork fat
- 10 pc sibuyas Tagalog, peeled
- 80 g DEL MONTE Quick 'n Easy Mechado Sauce
- 100 g red bell pepper, cut into strips
- 2 tbsp soy sauce
- 1/4 tsp pepper
- 2 tbsp oil
- 2-3 cups water

1. Make a hole at the center of meat to insert pork fat. Rub garlic all over meat and season with 2 tbsp soy sauce and 1/4 tsp pepper. Brown all sides in 2 tbsp oil.
2. Put beef in pan, then add 2-3 cups water, laurel and DEL MONTE Quick 'n Easy Mechado Sauce. Cover and simmer over low heat until beef is tender, adding more water if needed.
3. Add sibuyas Tagalog and potatoes. Simmer for 10 minutes or until potatoes are tender. Add bell peppers.

Chicken Afritada

- 1 pc medium potato, cut into chunks
- 400 g chicken, cut up
- 1/2 pc medium carrot, cut into chunks
- 1/3 cup cooked/frozen green peas
- 100 g baguio beans, sliced
- 80 g DEL MONTE Quick 'n Easy Afritada Sauce
- 2 tbsp oil

1. Fry potatoes in 2 tbsp oil. Set aside.
2. In the same pan, stir fry chicken until light brown. Add 1 cup water. Cover and simmer for 20 minutes or until tender. Add carrot and cook for 10 minutes.
3. Add green peas, baguio beans, fried tomatoes and DEL MONTE Quick 'n Easy Afritada Sauce. Cook for another 5 minutes.

Pork Stew

- 200 g baby potatoes, fried with peel
- 350 g pork liempo
- 80 g DEL MONTE Quick 'n Easy Afritada Sauce
- 1/4 cup mompo
- 1/2 cup canned button mushrooms
- 1 pc medium bell pepper
- marinade
 - 1 tbsp calamansi juice
 - 1 tbsp soy sauce
 - 1/4 tsp pepper
- 3 tbsp oil
- 1/2 cup water

1. Marinate pork for 30 minutes. Drain, reserve marinade. Brown pork in 3 tbsp oil.
2. Add DEL MONTE Quick 'n Easy Afritada Sauce, mompo, marinade if any and 1/2 cup water. Simmer uncovered for 5 minutes, then cover and continue simmering until pork is tender.
3. Add remaining ingredients. Simmer for 2 minutes.

Ginataang Kangkong At Daing

- 1 1/2 cups water
- 3 bundles kangkong, leaves and tender stalks only
- 1-2 pc siling labuyo, sliced
- 1 pc daing (labahita/flying fish/espada)
- 1 pc siling sigang, chopped
- 2 tbsp ginger strips
- 40 g DEL MONTE Quick n Easy Gata Mix

1. In a pan, simmer together uncovered DEL MONTE Sandosenang Sarap, DEL MONTE Gata Mix, ginger, daing, sili, and 1 1/2 cups water for 5 minutes.
2. Add kangkong. Cook until kangkong is tender.

Chicken Adobo Sa Gata

- 18 g DEL MONTE Sandosenang Sarap All-in-One Seasoning
- 40 g DEL MONTE Quick n Easy Gata Mix, dissolved in 2 cups water
- 5 pc peppercorns, crushed
- 2 tbsp DEL MONTE Red Cane Vinegar
- 1 pc laurel
- 2 tbsp ginger strips
- 18 g DEL MONTE Sandosenang Sarap All-in-One Seasoning
- 1/2 kg chicken

1. Combine chicken and DEL MONTE Sandosenang Sarap. Set aside.
2. Sauté ginger, laurel and chicken for 5 minutes. Add DEL MONTE Vinegar and peppercorn. Simmer uncovered for 5 minutes, the covered for 10 minutes.
3. Add DEL MONTE Quick 'n Easy Gata Mix. Simmer for another 15 minutes, stirring occasionally.

Saucy Burger Steak

- 2 pc sliced bread, chopped (1/2 cup)
- 2 tbsp evaporated milk
- 1/2 kg ground beef
- 2 pc eggs
- 1 pack DEL MONTE Sandosenang Sarap All-in-One Seasoning
- 3 cloves garlic, crushed
- 1/2 cup canned button mushrooms, sliced
- 1 tbsp butter
- 30 g DEL MONTE Quick n Easy Gravy Mix, dissolved in 1 cup water
- 2 tbsp oil

1. Combine bread and milk. Mix until bread is soggy. Combine with beef, egg and DEL MONTE Sandosenang Sarap. Mix well.
2. Divide mixture into portions, about 2 tbsp each and form into patties. Pan grill in 2 tbsp oil until brown on both sides. Set aside.
3. Sauté garlic and mushroom in butter. Add DEL MONTE Quick n Easy Gravy Mix. Simmer over low heat until thick. Pour over burger.

Fancy Chicken Nuggets

- 1 kg chicken breast fillet, cut into nuggets (reserve trimmings)
- 1 pack DEL MONTE Quick n Easy Breading Mix
- 1 cup marshmallow
- barbecue sticks
- 30 g DEL MONTE Quick n Easy Gravy Mix

1. Combine chicken slices including trimming with DEL MONTE Quick n' Easy Breading Mix in a covered container. Shake well. Deep fry until golden.
2. Thread chicken nuggets and marshmallow alternately on barbecue sticks. Serve with gravy.
3. Cook DEL MONTE Quick 'n Easy Gravy Mix per package directions.

Pinoy Beef Tapa

- 10 slices pan Amerikano
- 1 pouch DEL MONTE Quick n Easy Sweet Style Pizza Sauce
- 5 slices sweet or spiced ham, each cut into 2 pc
- 10 sticks cheddar cheese
- 2 pc eggs, beaten
- 1 1/2 cups bread crumbs

1. Marinate beef slices in DEL MONTE Quick 'n Easy Tapa Marinade for 30 minutes. Drain. Fry in 1/4 cup oil until cooked.

Chicken Tapa

- 1 kg beef sirloin, sliced tapa style
- 1 pack DEL MONTE Quick n Easy Tapa Marinade
- 1/4 cup cooking oil

1. Marinate chicken in DEL MONTE Quick 'n Easy Tapa Marinade overnight in the refrigerator. Fry in 1/4 cup oil until cooked.

2. Serve with fried egg if desired.

Sweet & Sour Pork

- 350 g pork
- 1 pc egg
- 1/4 cup all purpose flour
- 1 pc small red bell pepper, cut into strips
- 1 pc small green bell pepper, cut into strips
- 2 pouches DEL MONTE Pineapple Tidbits, drained (reserve syrup)
- 57 g DEL MONTE Quick n Easy Sweet & Sour Mix, dissolve in 3/4 cups water
- 1 cup water
- 1/2 tsp iodized rock salt

1. Boil pork in 1 cup water until just tender. Cut into cubes (1 1/2" x 1 1/2"). Set aside.
2. Beat egg. Add flour and 1/2 tsp iodized rock salt. Mix until smooth. Dip pork in batter mixture. Deep fry each piece until golden brown. Set aside.
3. simmer DEL MONTE Sweet & Sour Mix until thick. Add bell peppers and DEL MONTE Pineapple Tidbits with syrup. Pour over fried pork.

Shanghai Sweet And Sour

- 350 g ground pork
- 18 g DEL MONTE Sandosenang Sarap All-in-One Seasoning
- 50 g singkamas, chopped
- 3 stalks green onions, chopped
- 1 pc small carrot, chopped
- 1 pc egg
- 2 stalks kinchay, chopped
- 20 pc small lumpia wrapper
- 57 g DEL MONTE Quick n Easy Sweet & Sour Mix
- 3/4 cup water

1. Combine first 7 ingredients. Mix well. Wrap every 1 1/2 tbsp of mixtre in lumpia wrapper. Fry until golden brown. Serve with DEL MONTE Quick 'n Easy Sweet & Sour Sauce.
2. SAUCE: Dissolve DEL MONTE Quick 'n Easy Sweet & Sour Sauce Mix in 3/4 cup water. Simmer until thick.

Corned Beef Pizza

- 8 pc large pandesal, sliced into 2
- 115 g DEL MONTE Quick n Easy Sweet Style Pizza Sauce
- 1 1/2 cup cooked corned beef
- 1 medium white onion, cut into thin rings
- 100 g quickmelt cheese, coarsely grated
- 1 kg chicken breast fillet, cut into strips
- 1 pack DEL MONTE Quick n Easy Tapa Marinade
- 8 cloves garlic, crushed and fried
- 1/4 cup cooking oil

1. Pre-bake/toast pandesal for 2 minutes. Spread with DEL MONTE Quick n Easy Sweet Style Pizza Sauce.
2. Top with corned beef, onion and cheese. Bake for another 3-5 minutes or until cheese melts.

Pizzarap

- 1 pc medium potato, cut into chunks
- 400 g chicken, cut up
- 1/2 pc medium carrot, cut into chunks
- 1/3 cup cooked/frozen green peas
- 100 g baguio beans, sliced
- 80 g DEL MONTE Quick n Easy Afritada Sauce
- 2 tbsp oil
- 1 cup water

1. Flatten each piece of bread with a rolling pin. Spread DEL MONTE Quick 'n Easy Pizza Sauce on top of bread. Put ham and cheese. Roll carefully and tightly.
2. Dip each bread in beaten eggs then coat with bread crumbs. Deep fry until golden brown. Drain on paper towels. If desired, sliced diagonally into bite-size pieces.



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