



2-week Meal Planner (week 3-4)

101 Quick n Easy Meal Ideas *More to come!*

SUN	MON	TUE	WED	THU	FRI	SAT
 AFRITADA SAUCE	 MENUDO SAUCE	 BREADING MIX	 BBQ MARINADE	 CURRY MIX	 SWEET AND SOUR MIX	 KARE KARE MIX
 FISH FILLET AFRITADA	 FISH TOKWA MENUDO	 BREADED CHILI WINGS	 PORK A LA POBRE	 BEEF KEBAB CURRY	 POTATO BOAT PIZZA	 VEGETABLE LUMPIA IN KARE KARE SAUCE
 SPARERIBS IN AFRITADA SAUCE	 CRUNCHY HOTDOG MENUDO	 PORK TONKATSU	 BEEF TERRIYAKI	 CURRIED PORK BURGER	 CHICKEN TORTILLA PIZZA	 EASY KARE-KARENG DAGAT

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Fish Afritada

350 g fish fillet (labahita/maya maya/tuna), cut into chunks
1 tsp calamansi juice
2 tbsp all-purpose flour
1 pouch DEL MONTE Quick n Easy Afritada Sauce
6 pc pitted green olives, each cut into 2
1 pc medium red bell pepper, sliced
150 g carrot, cut into chunks and fried
150 g potatoes, cut into chunks with peel
and fried
1/4 tsp iodized fine salt
3/4 cup water

1. Sprinkle fish with calamansi juice and ¼ tsp iodized fine salt (or ¼ tsp iodized rock salt). Mix with flour. Fry until just cooked. Set aside.
2. Simmer DEL MONTE Quick n Easy Afritada Sauce with 3/4 cup water and green olives for 5 minutes.
3. Add fish, carrot, potatoes and bell pepper. Allow to simmer Fish Afritada

Spareribs in Afritada Sauce

3/4 kg pork spareribs, cut up
1 tbsp patis
3 cloves garlic, minced
1 tbsp ginger, strips
1-1/2 tbsp brown sugar
1 pouch DEL MONTE Quick n Easy Afritada Sauce
3 tbsp DEL MONTE Sweet Chili Sauce
1 pc small red bell pepper, diced
1 stalk leek, sliced
3 tbsp oil

1. Combine spareribs, patis and garlic. Mix well.
2. Heat 3 tbsp oil, sauté meat and ginger until meat is light brown. Add brown sugar, then cook for a few minutes. Add DEL MONTE Quick n Easy Afritada Sauce, DEL MONTE Sweet Chili Sauce and ½ cup water. Cover and simmer over low heat until meat is tender.
3. Add bell pepper and leeks. Allow to simmer.

Fish Tokwa Menudo

- 350 g labahita fillet, cut into cubes
- 1 tbsp calamansi juice
- 150 g tokwa, cut into cubes and fried
- 100 g potatoes, cut into cubes
- 100 g carrot, cut into cubes
- 1 pouch DEL MONTE Quick n Easy Menudo Sauce
- 1/3 cup cooked/frozen green peas
 - 1 pc medium red bell pepper, cut into strips
- 1/4 tsp iodized fine salt
- 1/4 tsp pepper
- 1 cup water

1. Marinate labahita in calamansi juice, ¼ tsp iodized fine salt (or ½ tsp iodized rock salt) and ¼ tsp pepper for 15 minutes. Fry until golden brown. Set aside.
2. Simmer potatoes and carrot in 1 cup water until tender. Add DEL MONTE Quick n Easy Menudo Sauce, green peas, bell pepper and patis to taste. Simmer for 10 minutes.
3. Add fish and tokwa. Simmer once.

Crunchy Hotdog Menudo

- 150 g carrot, diced
- 150 g potatoes, diced
- 300 g hotdog, sliced
- 1 pack DEL MONTE Quick n Easy Menudo Sauce
 - 1 pc medium green bell pepper, diced
- 2 tbsp raisins
- 1/4 cup frozen green peas
- 10 pcs lumpia wrapper, each piece cut into 3 lengthwise
- 1 tbsp oil

1. Sauté carrot and potatoes in 1 tbsp oil for 2 minutes. Add hotdog, DEL MONTE Quick n Easy Menudo Sauce and remaining ingredients except lumpia wrapper. Simmer for 5 minutes uncovered. Set aside.
2. Wrap every tablespoon of mixture in lumpia wrapper pieces and fold in triangular shape.
3. Fry until crunchy.

Breaded Chili Wings

1 kg chicken wings
1 pack DEL MONTE Quick n Easy Breeding Mix
1/2 cup DEL MONTE Sweet Chili Sauce
3 tbsp butter
8 cloves garlic

1. Marinate labahita in calamansi juice, ¼ tsp iodized fine salt (or ½ tsp iodized rock salt) and ¼ tsp pepper for 15 minutes. Fry until golden brown. Set aside.
2. Simmer potatoes and carrot in 1 cup water until tender. Add DEL MONTE Quick n Easy Menudo Sauce, green peas, bell pepper and patis to taste. Simmer for 10 minutes.
3. Add fish and tokwa. Simmer once.

Pork Tonkatsu

1 kg pork loin, sliced ½ cm thick
1 pack DEL MONTE Quick n Easy Breeding Mix
sauce
1/2 cup DEL MONTE Original Blend Ketchup
1/4 cup worcestershire sauce
1/2 tbsp ginger, grated
1/2 tbsp garlic, minced
2 tbsp sugar
2 tbsp mirin

1. Dredge pork slices in DEL MONTE Quick n Easy Breeding Mix. Fry until golden brown. Cut into strips. Serve with tonkatsu sauce.
2. Sauce: Combine all ingredients. Cover and simmer over low heat, stirring occasionally for 10 minutes.

Pork A La Pobre

1 kg pork lomo, sliced thinly
1 pack DEL MONTE Quick n Easy BBQ Marinade
10 cloves garlic, sliced and fried to brown
1 pc small red bell pepper, cut into cubes
1/2 stalks stalk leek, sliced
1/4 cup oil

1. Marinate pork in DEL MONTE Quick n Easy BBQ Marinade for 30 minutes.
2. Fry garlic in ¼ cup oil. Drain and set aside.
3. In the same oil, fry pork slices until just cooked. Set aside. Top with fried garlic, sauté bell pepper and leeks.

Beef Teriyaki

1 kg beef sirloin, sliced thinly and cut into strips
1 pack DEL MONTE Quick n Easy BBQ Marinade
1 tbsp ginger, strips
100 g carrot, sliced thinly
100 g sayote, sliced
100 g togue
1 pc small red bell pepper, cut into strips
100 g cabbage, shredded
1 tbsp sesame seeds, toasted

1. Marinate beef in DEL MONTE Quick n Easy BBQ Marinade for 30 minutes. Stir fry in batches until just cooked. Set aside.
2. In the same pan, sauté carrot and sayote for 3 minutes. Add togue, bell pepper and cabbage. Season with toyo and pepper to taste and remaining marinade if any. Sauté for few minutes.
3. Serve with beef. Sprinkle with sesame seeds.

Beef Kebab Curry

1/2 kg rib eye, cut into chunks
100 g carrot, cut into cubes
100 g cherry tomatoes
1 pack DEL MONTE Quick n Easy Curry Mix
2 tbsp sour cream
7 pc barbecue sticks

1. Marinate beef in DEL MONTE Quick n Easy Curry Mix and sour cream for 30 minutes.
2. Skewer beef and vegetables in barbecue sticks. Pan-grill until beef is cooked. Serve over rice.

Curried Pork Burger

1 pc medium onion, chopped
150 g cabbage, chopped
350 g ground pork
1 pc egg
1 pack DEL MONTE Quick n Easy Curry Mix
1 pc small carrot, sliced
50 g young corn, sliced
3 tbsp evaporated milk
2 tbsp oil
5 tbsp water

1. Combine first 4 ingredients and 1 ½ tbsp DEL MONTE QUICK N Easy Curry Mix. Mix well. Form every 3 tbsp of mixture into patties. Pan-grill in 2 tbsp oil until cooked on both sides. Set aside.
2. Sauté carrot in remaining oil. Add 5 tbsp water. Cover and simmer over low heat for 2 minutes. Add milk and remaining DEL MONTE Curry Mix and young corn. Season with salt and pepper to taste. Simmer for 2 minutes. Add pork burger. Serve.

Potato Boat Pizza

- 1/2 kg ready made frozen potato skin
- 1 pack DEL MONTE Quick n Easy Sweet Style Pizze Sauce
- 1/2 cup sour cream
- 1/2 cup canned button mushroom, sliced
- 6 strips bacon, sliced and fried until crunchy
- 1 pc medium red bell pepper, cut into cubes
- 100 g cheese, grated

1. Bake/toast potato skin in oven toaster for 3 minutes. Spread top with DEL MONTE Quick n Easy Sweet Style Pizza Sauce, sour cream and toppings.
2. Bake for another 3 minutes.

Chicken Tortilla Pizza

- 200 g chicken breast, fillet
- 2 pcs large flour tortilla
- 1 pouch DEL MONTE Quick n Easy Italian Style Pizza Sauce
- 100 g fresh tomatoes, sliced into rings
- 1/2 cup fresh basil leaves
- 100 g quick melting cheese, coarsely grated

1. Season chicken with salt and pepper to taste. Sprinkle with few pieces of chopped basil leaves. Pan/charcoal grill or pan fry until both sides are cooked. Sliced into strips.
2. Toast both sides of flour tortillas in heated pan for 1 minute. Remove from pan. Spread one side with DEL MONTE Quick n Easy Italian Style Pizza Sauce. Top with chicken, tomatoes, basil and cheese.

Vegetable Lumpia In Kare Kare Sauce

1 pc small onion, sliced
150 g ground pork
150 g sitaw, cut into rings
150 g banana heart, trimmed and sliced
1 1/2 tsp patis
1 pack DEL MONTE Quick n Easy Kare-Kare Mix
150 g cabbage, sliced
15 pcs medium round lumpia wrappers
1/2 tbsp toyo
4 cloves garlic, minced
2 1/2 tbsp brown sugar
2/3 cup water

1. Sauté onion and pork for 3 minutes. Add sitaw, banana heart and patis. Cook for 5 minutes with occasional stirring. Add 2 tbsp of DEL MONTE Quick n Easy Kare-Kare Mix. Cook for 5 minutes. Add cabbage. Stir for 2 minutes. Set aside.
2. Combine 2/3 cup water, sauce ingredients and remaining kare kare powder. Stir to dissolved. Simmer with continuous stirring until thick. Set aside.
3. Wrap every 2 tbsp of vegetable mixture in lumpia wrapper. Roll and steam for 1 minutes. Pour sauce just before serving.

Kare Kareng Dagat

1/2 kg medium squid, ink sac removed
1 tsp calamansi juice
1/2 kg large tahong
1 pack DEL MONTE Quick n Easy Kare-Kare Mix
100 g sitaw, diced
1 tbsp ginger strips, strips
100 g banana heart, sliced
1/4 kg medium shrimps
2 tbsp taba ng talangka, optional
2 tbsp DEL MONTE Quick n Easy Gata Mix
100 g pechay
1/4 tsp iodized fine salt
2 cups water
1/2 cup tahong broth

1. Season squid with calamansi juice and ¼ tsp iodized fine salt. Fry until just cooked. Set aside.
2. Boil tahong in 2 cups water until shells are open, remove half shell and reserve stock.
3. Dissolve DEL MONTE Quick n Easy Kare-Kare Mix in ½ cup tahong broth. Simmer for 2 minutes. Add sitaw, ginger and banana heart. Simmer for 5 minutes.
4. Add shrimps, taba ng talangka and tahong. Simmer for 5 minutes.
5. Add pechay, squid and DEL MONTE Quick n Easy Gata Mix. Stir and simmer until cooked.



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