



## Fish Sarciado

### Ingredients

- 2 tbsp Vegetable Oil
- 2 tbsp Garlic
- 1 pc Onion
- 3 pcs Tomato
- 1 cup Water
- 3 pcs Egg
- 1 sachet MAGGI® Magic Sarap® 8g
- 8 pcs Galunggong

### Instruction

1. Heat cooking oil. Sauté garlic, onion and tomatoes until fragrant and wilted. Pour in water and bring to boil.
2. Add beaten eggs and continue stirring to scramble the eggs. Season with 8g MAGGI® Magic Sarap®.
3. Add fried galunggong and simmer with the sauce for another minute. Serve.

### Nutrition

Carbohydrates	9.48 g
Energy	179.53 kcal
Fats	9.97 g
Protein	13.2 g

25 Minutes

8 Servings