



Bangus Salpicao

INGREDIENTS

2 packs of 450g *SEAKING Boneless Milkfish (Bangus) Back Fillet*
1 tablespoon chopped garlic
1/4 cup Worcestershire sauce
3 tablespoons canola oil
1 teaspoon Spanish paprika
2 teaspoons soy sauce
salt and pepper, to taste
toasted garlic for garnish, (optional)
green finger chilies (*siling pangsigang*), sliced, for garnish, (optional)

COOKING PROCEDURE

Marinate *bangus* in garlic and Worcestershire sauce for 1 hour.

Heat oil in a saucepan over medium heat then add paprika. Add *bangus*, skin side down, and fry on both sides until cooked, about 2 to 3 minutes.

Season to taste with soy sauce, salt and pepper.

Garnish with toasted garlic and sliced finger chilies, if desired