

# "Spicy Canton w/ Fried Tomato-Garlic Tuna"

Yield: 1-2 Servings

## Ingredients:

5 Tbsp.      Cooking Oil  
5-6 Cloves    Garlic, Minced  
1 Can        Century Tuna  
              Flakes in Water, Drained  
2             Native Tomato's, Chopped  
1 Tsp.       Parsley, Chopped  
1 Tbsp.      Spring Onions  
3 tsp.       Calamansi Juice  
Salt (optional or season to taste)  
Pepper (season to taste)  
2 Packs      Lucky Mei Instant  
              Pancit Canton (Sweet and Spicy)  
3 Tbsp.      Del Monte Extra  
              Rich Tomato Ketchup  
Parmesan Cheese (optional)

## Procedure:

1. Heat the cooking oil in a pan and cook the garlic until slightly browned
2. Add the drained tuna flakes and cook until dry (or until crispy).

3. Add the chopped tomato, parsley, spring onions and the calamansi juice to the tuna. Cook and mix until heated through.
4. Season with salt and pepper. Set aside the cooked tuna.
5. Cook the instant pancit canton according to package instructions.
6. Add the ketchup and mix well until the pancit canton is evenly coated. Set aside.
7. On a separate bowl, combine both the pancit canton and the cooked tuna flakes.
8. Garnish with any remaining parsley and spring onions. Serve with extra parmesan cheese.

## Additional Tips:

Microwaving the dish (especially refrigerated leftovers) for about 10-15 seconds on **HIGH** will give it a drier texture with more locked-in flavors. Since the noodles are very versatile, you can also use it as a base and add other ingredients to it like basil, black olives or even capers, or you can replace the tuna with ground beef, pork or chicken. The dish goes very well with crackers (especially those which have a spring onion or chive flavor) or with plain buttered toast.

