



Baked Pineapple Chicken Fillet Recipe

Preparation Time	5
Cooking Time	92
Serving Size	5

Ingredients:

MARINADE

- 1 can DEL MONTE Crushed Pineapple (227g)
 - 1/4 cup lime juice
 - 1 tsp siling labuyo, finely chopped
 - 1/2 cup olive oil
 - 1/3 cup cilantro, roughly chopped
 - 1 Tbsp garlic, minced
 - 1 tsp salt
 - 1/2 tsp pepper
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- 500 g chicken, breast fillet

Preparation:

1. Mix the DEL MONTE Crushed Pineapple, lime juice, siling labuyo, olive oil, cilantro, garlic, salt, and pepper. Marinate the chicken in this mixture for 1 hour in the chiller.
2. Place the chicken in an oven-safe dish. Top the chicken with the marinade.
3. Bake in a turbo broiler or oven for 30 minutes or until cooked through.

Chef's Tip

Chicken breast is lean and dries out easily. Cooking them in the marinade keeps them moist.

Lusog Notes

This dish is high in protein, which is essential in growth and development and in niacin that promotes healthy skin and normal digestion.

Cooking Skills Needed

- Mincing
- Mixing
- Marinating

Cooking Tools

- Measuring Cups
- Tray
- Chopping Board
- Measuring Spoon
- Turbo Broiler

- Spatula

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