



Chicken Adobo With Pineapple Recipe

Preparation Time	15
Cooking Time	60
Serving Size	8

Ingredients:

- 1 kg chicken parts, cut into serving portions

FOR THE MARINADE

- 2 Tbsp crushed garlic
- 3 Tbsp DEL MONTE Red Cane Vinegar
- 2 Tbsp soy sauce
- 1/4 tsp peppercorn, crushed
- - reserved pineapple syrup

- 1/4 cup oil, for frying
- 1 pouch DEL MONTE Pineapple Tidbits (200g), drained, reserve syrup
- 1/4 cup crushed and fried garlic

Preparation:

1. Marinate chicken for 30 minutes. Drain and reserve marinade.
2. Fry chicken in oil until golden brown.
3. Combine chicken with marinade then simmer until chicken is tender. Add DEL MONTE Pineapple Tidbits. Top with fried garlic.

Chef's Tip

Pineapples are good for marinating meats as they not only give flavor to the meats but also act as a tenderizer.

Lusog Notes

This dish is a source of vitamin A which not only helps maintain healthy vision but also helps protect one from infection. It also contains niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Marinating
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon