



## Chicken Pine Asado Recipe

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| <b>Preparation Time</b> | <b>10</b> |
| <b>Cooking Time</b>     | <b>30</b> |
| <b>Serving Size</b>     | <b>6</b>  |

### Ingredients:

- 750 g chicken, thigh and leg
- 1/2 cup onion, minced
- 1 Tbsp garlic, minced
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (250g)
- 1/4 cup soy sauce
- 1 Tbsp star anise
- 2 pcs bay leaf/laurel leaf
- 1 can DEL MONTE Pineapple Chunks (227g), drained, reserve syrup

### Preparation:

1. Mix chicken, onion, garlic, DEL MONTE Filipino Style Tomato Sauce, soy sauce, reserved pineapple syrup, star anise, and laurel in a pot. Bring to a boil then turn down to simmer for 20 minutes at medium heat.
2. Add the DEL MONTE Pineapple Chunks. Simmer for 1 minute and serve.

### Chef's Tip

It is better to use whole star anise so it is easier to find and remove after cooking.

### Lusog Notes

This dish gives you a source of iron and niacin. Iron plays a role in the proper functioning of the immune system while niacin helps maintain the normal structure of the skin.

### Cooking Skills Needed

- Boiling
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula