



Chicken Pine Asado Recipe

Preparation Time	10
Cooking Time	30
Serving Size	6

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