



## Chunky Chicken Adobo With Pineapple Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>60</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 1 kg chicken, leg, cut into serving portions

### MARINADE

- 2 Tbsp garlic, crushed
- 1/4 cup vinegar
- 1/4 cup soy sauce
- 1/2 tsp peppercorn, black, crushed
- - reserved pineapple syrup
  
- 1/4 cup oil, for frying
- 1 pouch DEL MONTE Pineapple Chunks, drained, reserve syrup
- 1/4 cup garlic, minced and fried

### 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 Chunks. Top with fried garlic.

### Chef's Tip

For perfectly browned skin, use a non-stick pot and remember to constantly check and turn the chicken. The marinade contains the reserved pineapple syrup which causes the chicken to brown faster.

### Lusog Notes

This recipe is a rich source of protein that is essential for growth and development. It is also a source of niacin which helps keep the digestive and nervous systems healthy.

### Cooking Skills Needed

- Chopping
- Frying
- Marinating
- Simmering

### Cooking Tools

- Bowls
- Chopping Board
- Measuring Cups
- Measuring Spoon

- Strainer

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