



## Chunky Chicken Pine Spread Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>28</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 300 g chicken, breast fillet
- 1/2 cup carrot, cut into cubes
- 1 cup water
- 1/4 cup celery leaves
- 1/2 tsp salt
- 1/4 tsp pepper, white, ground
  
- 1/2 cup mayonnaise
- 1/2 tsp wasabi paste (optional)
- 1/8 tsp salt
- 1/4 tsp pepper, white
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained, reserve syrup
- 1/4 cup bell pepper, red, diced
- 1/4 cup celery, sliced, reserve leaves
- 1 1/2 Tbsp onion, red, chopped
- 100 g lettuce
- 6 pc hamburger bun or baguette, sliced

### Preparation:

1. Simmer chicken and carrot in reserved pineapple syrup, water, celery leaves, salt, and white pepper until just cooked. Drain and remove celery leaves. Cut chicken meat into cubes.
2. In a bowl, mix mayonnaise, wasabi, salt, and white pepper. Add the chicken, DEL MONTE Pineapple Tidbits, bell pepper, celery, and onions.
3. Place a slice of lettuce on a hamburger bun or baguette and fill with the spread.

### Chef's Tip

Simmering the chicken in the reserved pineapple syrup packs the chicken with more flavor compared to simply simmering in water.

### Lusog Notes

This dish is high in vitamin A that helps protect one from infections and helps maintain healthy skin. It also has iron that helps in the transportation of oxygen throughout the body.

### Cooking Skills Needed

- Cutting
- Mixing
- Simmering

- Slicing

## **Cooking Tools**

- Chopping Board
- Spatula

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