



Chunky Chicken Pine Spread Recipe

Preparation Time	10
Cooking Time	28
Serving Size	6

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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