



Chunky Pininyahang Manok Recipe

Preparation Time

15

Cooking Time

35

Serving Size

6

Ingredients:

- 2 Tbsp oil
- 2 Tbsp ginger, cut into strips
- 2 Tbsp garlic, crushed
- 1/2 cup onion, white, sliced
- 750 g chicken, parts, cut into serving portions
- 2 1/2 Tbsp patis
- 1/2 tsp peppercorn, black
- 1/4 cup bell pepper, red, cut into cubes
- 2/3 cup milk, evaporated
- 1 pouch DEL MONTE Pineapple Chunks (200g), drained, reserve syrup

Preparation:

1. Sauté ginger, garlic, and onion in oil for 2 minutes. Add chicken and patis, then sauté for 10 minutes or until the chicken turns slightly brown.
2. Add peppercorn and reserved pineapple syrup. Bring to a boil then simmer in a covered pot for 15 minutes or until the chicken is cooked.
3. Turn the heat to low then add bell pepper, milk, and DEL MONTE Pineapple Chunks. Simmer uncovered for 3 - 5 minutes while stirring continuously.

Chef's Tip

Milk curdles when heated at a high temperature. Be sure to add the milk when the chicken is fully cooked so that there is no need to boil the milk. This helps keep the sauce smooth and curdle-free.

Lusog Notes

This Chunky Pininyahang Manok dish is high in protein that supports growth and development. It is also a source of vitamin B2 and niacin. Vitamin B2 helps in the production of red blood cells and niacin supports the nervous system.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

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

