



## Coconut Chicken Recipe

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Preparation Time	7
Cooking Time	30
Serving Size	3

### Ingredients:

- 300 g chicken, thigh fillet
- - salt, to taste
- - pepper, to taste

### FOR THE THICK COCONUT SAUCE

- 1 1/2 cups water
- 1 tsp sinigang mix
- 2 stalks tanglad, pounded
- 1 pack DEL MONTE Quick 'n Easy Gata Mix (40g)
- 1 pouch DEL MONTE Pineapple Tidbits (200g)

### Preparation:

1. Season chicken with salt and pepper. Grill.
2. Mix all ingredients for sauce, including DEL MONTE Pineapple Tidbits with syrup. Cook over medium heat until thick.
3. Toss chicken into the sauce. Serve.

### Chef's Tip

Pounding the tanglad helps to release its flavor during cooking.

### Lusog Notes

This tasty dish contains protein that promotes growth and development and niacin which helps keep the digestive and nervous system healthy.

### Cooking Skills Needed

- Baking
- Grilling

### Cooking Tools

- Chopping Board
- Grill Pan
- Measuring Cups
- Measuring Spoon