



## Fish Guisado With Pineapple Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>33</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 8 pc tilapia, cleaned
- 2 tsp calamansi juice
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 Tbsp all-purpose flour
- 1/2 cup oil, for frying
  
- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, white
- 3 Tbsp ginger, cut into strips
- 1/4 cup soy sauce
- 1 can DEL MONTE Pineapple Chunks (432g)
- 1/2 cup water
- - salt, to taste
- - pepper, to taste
- 2 Tbsp green onions, cut into 2-inch long strips

### Preparation:

1. Season fish with calamansi juice, salt, and pepper. Pat dry and thinly coat the fish with flour. Fry the fish until golden brown. Set aside.
2. In a separate pan, sauté garlic, onion, and ginger for 3 minutes or until onion is translucent.
3. Add fish, soy sauce, DEL MONTE Pineapple Chunks with syrup, and water. Bring to a boil then simmer for 5 minutes. Season with salt and pepper to taste. Top with green onions.

### Chef's Tip

Thinly coat the fish with flour to keep it from sticking to the pan as you fry. It also will give a thin crispy crust which will keep it from getting soggy in the sauce later on.

### Lusog Notes

Fish is a good source of protein that helps repair body tissues. This dish also contains niacin that promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Slicing
- Sautéing
- Simmering

## Cooking Tools

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