



Fish Guisado With Pineapple Recipe

Preparation Time	15
Cooking Time	33
Serving Size	8

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