



Fish In Pineapple Ginger Sauce Recipe

Preparation Time	15
Cooking Time	30
Serving Size	6

Ingredients:

- 1 1/2 kgs tilapia, filleted and cut into chunks (12 pcs)
- 2 tsp salt
- 1/4 cup all-purpose flour (or cornstarch)
- 1/2 cup oil, for frying

- 1/4 cup margarine
- 1 1/4 Tbsp ginger, grated
- 1 1/3 cups singkamas, cut into chunks
- 1 can DEL MONTE Pineapple Chunks (432g)
- 2 Tbsp sugar, white
- 1/2 tsp salt
- 4 Tbsp soy sauce
- 2 Tbsp cornstarch, dissolved in 1/4 cup water
- 2 stalks green onions, cut into 1-inch long strips

Preparation:

- 1 Sprinkle fish with salt. Coat with flour or cornstarch. Fry in oil until golden brown. Set aside.
- 2 Sauté ginger and singkamas in margarine. Add DEL MONTE Pineapple Chunks including syrup, sugar, salt, and soy sauce. Bring to a boil.
- 3 Add cornstarch mixture. Simmer for 5 minutes and pour sauce over fish. Top with green onions.

Chef's Tip

Stir the sauce as you add the cornstarch mixture to prevent the sauce from forming lumps.

Lusog Notes

This dish is rich in vitamins A and B1. Vitamin A promotes healthy skin and normal vision while vitamin B1 supports normal growth and helps the body in converting food to energy.

Cooking Skills Needed

- Frying
- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Pot
- Wooden Spatula

