



## Fish In Pineapple Ginger Sauce Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>30</b>
<b>Serving Size</b>	<b>6</b>

### 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

