



Grilled Fish Squares With Tanglad Recipe

Preparation Time	20
Cooking Time	45
Serving Size	6

Ingredients:

- 500 g tuna fillet (or blue marlin), cut into 2x2-inch chunks
- 3/4 tsp salt
- 3/4 tsp pepper
- 1 Tbsp tanglad, chopped
- 1 can DEL MONTE Pineapple Chunks (227g), drained, reserve syrup
- 6 pcs barbecue stick
- 1 cup cherry tomato
- 1/3 cup bell pepper, green, cut into cubes
- 2 Tbsp oil, for brushing

Preparation:

1. Season fish with salt, pepper, and tanglad. Marinate in the reserved pineapple syrup for 25 minutes.
2. Skewer fish chunks, DEL MONTE Pineapple Chunks, tomatoes and bell pepper, alternating between ingredients. Brush with oil.
3. Grill until tender.

Chef's Tip

Grilling fish is scary for some as fish has a tendency to stick to the grill. To avoid this, be sure to use a clean grill. First heat the grill on high heat then brush off any bits of protein or sauce sticking to the grill lines.

Lusog Notes

This Grilled Fish Squares with Tanglad recipe is high vitamin A that helps keep the immune system healthy. It also has iron needed for normal functioning of enzymes that remove unwanted substances from the body.

Cooking Skills Needed

- Mixing
- Grilling
- Slicing

Cooking Tools

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