



Lechon Paksiw Na Manok Recipe

Preparation Time	10
Cooking Time	25
Serving Size	10

Ingredients:

- 2 Tbsp oil
- 3 Tbsp garlic, crushed
- 1/4 cup onion, red, sliced
- 1 whole lechon manok, cut up
- 1/4 cup water
- 1 can DEL MONTE Pineapple Chunks (227g)
- 2 pc bay leaf/laurel leaf
- 3 Tbsp DEL MONTE Red Cane Vinegar
- 1 tsp liquid seasoning
- 1/4 tsp salt
- 1/2 cup lechon sauce
- 2 Tbsp sugar, brown
- 1/4 cup bulaklak ng saging/banana blossom

Preparation:

1. Sauté garlic, onion, and chicken for 2 minutes. Add water and remaining ingredients except banana blossom. Cover and simmer for 15 minutes. Add banana blossom. Allow to simmer.

Chef's Tip

You may also substitute fried chicken if lechon manok is not available.

Lusog Notes

This Lechon Paksiw na Manok dish is a source of protein that is needed for growth, development and repair of the body tissues. You also get vitamin A that helps maintain normal vision and healthy skin.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Sauté Pan
- Wooden Spatula
- Measuring Cups
- Measuring Spoon