



Oriental Rice Salad Recipe

Preparation Time	10
Cooking Time	11
Serving Size	8

Ingredients:

- 1 1/2 pcs apple, red, diced
- 1/3 cup reserved pineapple syrup
- 350 g chicken, breast, deboned
- 1/3 tsp salt

- 1 can DEL MONTE Pineapple Tidbits (560g), drained, reserve syrup
- 2 1/2 cups rice, long grain, cooked
- 2 1/2 stalks celery, sliced diagonally into thin strips
- 1/3 cup peanuts, roasted, coarsely chopped
- 1/3 cup singkamas, diced
- 1 cup mayonnaise
- 1/8 tsp pepper
- 1 1/3 tsp curry powder, (optional)

Preparation:

1. Soak the apples in 1/3 cup of the reserved pineapple syrup. Set aside.
2. Simmer chicken in remaining pineapple syrup with salt. Drain and dice meat. Set aside.
3. Drain apple. Combine with remaining ingredients. Mix well then chill.

Chef's Tip

Use long grain rice because it has form and distinct grains that remains fluffy and separate after cooking.

Lusog Notes

This dish is a source of iron and niacin. Iron is needed for normal metabolism while niacin helps maintain normal structure of the skin.

Cooking Skills Needed

- Mixing

Cooking Tools

- Measuring Cups
- Chopping Board
- Measuring Spoon
- Pot