



Pina Cassava In Cream Recipe

Preparation Time	20
Cooking Time	35
Serving Size	4

Ingredients:

- 1 can DEL MONTE Sliced Pineapple (227g), drained
- 1 Tbsp sugar, white

- 1 1/2 Tbsp sago, white
- 1 1/3 cup water
- 3/4 cup coconut milk
- 375 g cassava, pared and sliced into half moons (1/2-inch thick) then soaked in water
- 1 pc pandan leaves
- 1/4 cup sugar, white
- 1/3 cup coconut cream

Preparation:

1. Cook DEL MONTE Sliced Pineapple in sugar for 3 minutes. Set aside.
2. Cook sago in water until tender. Add coconut milk, cassava, and pandan. Simmer until cassava is cooked. Add DEL MONTE Sliced Pineapple and sugar. Add coconut cream. Cook for 3 minutes.

Chef's Tip

Cassava should be thoroughly cooked. Cooked cassava will be fork tender and will turn translucent.

Lusog Notes

This recipe is high in vitamin C that helps resist infections and is necessary for collagen formation. It is also a source of iron that is needed for normal metabolism.

Cooking Skills Needed

- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Spatula
- Pot