



Piña Kangkong Recipe

Preparation Time	10
Cooking Time	20
Serving Size	4

Ingredients:

- 1 Tbsp oil
- 1 Tbsp garlic, crushed
- 2 Tbsp onion, sliced
- 1/2 Tbsp bagoong alamang
- - pepper, to taste
- 1 1/2 bunch kangkong, leaves and tender stalks only
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained, reserve syrup
- 1/2 tsp sesame seeds, toasted

Preparation:

1. Sauté half of garlic until brown. Set aside.
2. Sauté remaining half of the garlic, onion and alamang. Add reserved pineapple syrup, pepper and kangkong. Simmer uncovered until almost cooked. Add DEL MONTE Pineapple Tidbits. Simmer for 5 minutes then top with sesame seeds & fried garlic.

Chef's Tip

To remove the "lansa," sauté the alamang until slightly toasted and dry.

Lusog Notes

This Piña Kangkong vegetable dish is high in Vitamin A that may help boost immunity, and iron which is essential for the normal metabolism of the body.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

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