



Pinais Na Bangus Recipe

| | |
|-------------------------|-----------|
| Preparation Time | 10 |
| Cooking Time | 30 |
| Serving Size | 4 |

Ingredients:

- 500 g bangus, boneless
- 1/4 tsp salt
- 1/4 tsp pepper, black

FOR THE SALSA

- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1/4 cup bell pepper, red, chopped
- 1/4 cup cilantro, chopped
- 1/4 cup onion, red, chopped
- 1/2 tsp salt
- 1/4 tsp pepper, black

- 1 pc banana leaf

Preparation:

1. Dry the boneless bangus with paper towels. Season with salt and pepper then set aside.
2. For the Salsa, combine DEL MONTE Pineapple Tidbits, red bell pepper, cilantro, onion then season with salt and pepper and mix.
3. Stuff bangus with prepared salsa. Wrap the bangus in banana leaf then pan-grill until cooked.

Chef's Tip

Banana leaves serve as protection for the fish when grilling. It also cooks the fish through as the package helps steam the fish in its own juices and lastly, it adds a delicious aroma to the dish.

Lusog Notes

This dish is a source of vitamin A which helps maintain healthy skin and normal vision. It also contains niacin that helps keep the digestive and nervous systems healthy.

Cooking Skills Needed

- Stuffing
- Pan-Grilling
- Mixing

Cooking Tools

- Chopping Board
- Grill Pan

