



Piñatisang Manok Recipe

Preparation Time	10
Cooking Time	40
Serving Size	5

Ingredients:

- 1 Tbsp oil
- 2 Tbsp ginger, sliced into strips
- 500 g chicken, thigh and leg, trimmed
- 2 Tbsp patis
- 1 3/4 cup water
- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water
- 1/2 cup sili leaves, snipped

- 1 tsp garlic
- 2 Tbsp oil

Preparation:

1. Sauté ginger in oil. Add chicken and brown all sides.
2. Add patis and water. Simmer until chicken is cooked then add DEL MONTE Pineapple Tidbits with the syrup. Let simmer then pour in dissolved cornstarch mixture. Add sili leaves.
3. In another pan, fry garlic until golden brown. Top cooked chicken with fried garlic.

Chef's Tip

Cooking the chicken with the ginger helps remove the "lansa" of the chicken.

Lusog Notes

This Piñatisang Manok recipe is rich in protein that does not only support growth and development, but is also important for the regulation of enzymes and hormones. It also contains niacin that helps improve circulation and supports metabolism.

Cooking Skills Needed

- Browning

Cooking Tools

- Spoon