



## Pine Chicken Tinola Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>38</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 1 kg chicken, whole, cut up
- 2 Tbsp garlic, crushed
- 1/2 cup onion, sliced
- 2 1/2 Tbsp ginger, cut into strips
- 3 Tbsp patis
- 2 1/2 cup water
- 2 cup papaya, green, sliced
- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserve syrup
- 1 cup sili leaves

### Preparation:

1. Boil chicken, garlic, onion, ginger, and patis with the reserved pineapple syrup and water, and allow to simmer for 20 minutes.
2. Add papaya, cover and simmer for another 10 minutes or until papaya is tender. Add DEL MONTE Pineapple Tidbits and sili leaves. Simmer for 5 minutes.

### Chef's Tip

Choose the breast part of the chicken to have a lighter and less greasy broth.

### Lusog Notes

This interesting twist to the popular Pine Chicken Tinola dish is high in iron needed for making red blood cells that carry oxygen around the body and in vitamin A that helps keep normal vision and healthy skin.

### Cooking Skills Needed

- Boiling
- Slicing

### Cooking Tools

- Chopping Board
- Pot
- Wooden Spatula