



Pine Sago With Coconut Sauce Recipe

Preparation Time	5
Cooking Time	5
Serving Size	2

Ingredients:

- 1 pouch DEL MONTE Pineapple Tidbits (200g), drained
- 1/4 cup sago, cooked
- 1/2 cup coconut milk
- 1/4 cup sugar, muscovado
- 2 cup ice, crushed

Preparation:

1. Place DEL MONTE Pineapple Tidbits and sago in a bowl or glass. Set aside.
2. In a small pot, heat the coconut milk and muscovado sugar until it is melted. Allow to cool.
3. Put crushed ice on top of pineapple then pour the coconut milk. Serve.

Chef's Tip

Coconut milk curdles when cooked over high heat for a long time. For this recipe, heat the coconut milk over low heat to just melt the sugar and keep the sauce smooth.

Lusog Notes

This recipe is a source of vitamin C that helps strengthen the immune system. Vitamin C also helps in wound healing and keeps gums healthy.

Cooking Skills Needed

- Simmering
- Melting

Cooking Tools

- Measuring Cups
- Pot
- Spatula