



Pine-Sit Canton Recipe

Preparation Time	15
Cooking Time	37
Serving Size	8

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/3 cup onion, sliced
- 300 g chicken thigh fillet, cut into strips
- 3/4 cup carrot, cut into strips
- 2 1/4 cup water
- 1/2 pc chicken bouillon cube
- 1/3 cup soy sauce
- 1/4 tsp pepper
- 1/3 cup cornstarch, dissolved in pineapple syrup
- 3/4 Tbsp kinchay, chopped
- 1 3/4 cup cabbage, sliced
- 3/4 cup chicharo
- 350 g canton noodles
- 1 can DEL MONTE Pineapple Tidbits (227 g), drained, reserve syrup

Preparation:

1. Sauté garlic and onion for 2 minutes. Add chicken and sauté for 5 minutes.
2. Add carrot, water, chicken bouillon cube, soy sauce, and pepper. Bring to a boil then simmer over low heat for 10 minutes.
3. Add cornstarch mixture then bring to a boil for 1 minute to thicken sauce. Turn down heat to simmer.
4. Add remaining vegetables, noodles, and DEL MONTE Pineapple Tidbits. Cook for 10 minutes or until vegetables and noodles are cooked.

Chef's Tip

When cooking green-colored vegetables, do not cover the pot/pan so that the green vegetables will be able to release its acids and prevent it from turning dull green.

Lusog Notes

This dish is a source of vitamin A that promotes normal growth and development. Pine-sit canton also has vitamin C that helps prevent common illnesses and infections.

Cooking Tools

- Chopping Board
- Pot