



Pineapple BBQ Chicken Sandwich Recipe

Preparation Time	5
Cooking Time	20
Serving Size	10

Ingredients:

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 750 g chicken, thigh fillet
- 1 can DEL MONTE Sliced Pineapple (432g), drained

PINEAPPLE COLESLAW

- 2 cup mayonnaise
- 1 can DEL MONTE Crushed Pineapple (227g)
- 3 cup cabbage, shredded

- 10 pc burger bun

Preparation:

1. Divide the DEL MONTE Quick n Easy Barbecue Marinade in 2 equal portions. Marinate the chicken in half of the marinade, then marinate the DEL MONTE Sliced Pineapple in the other half. Allow to sit in the chiller for 30 minutes.
2. Grill the chicken until cooked through. Grill the pineapple quickly to have a smoky flavor. Set aside.
3. To make the pineapple coleslaw, mix the mayonnaise and the DEL MONTE Crushed Pineapple including the syrup, mix well. Set aside.
4. To make the sandwich, place two heaping tablespoons of pineapple coleslaw on the buns then place a piece of grilled chicken. Add a slice of pineapple. Top with the other half of the bun.

Chef's Tip

To avoid burning the chicken, drain the chicken from the marinade very well. Lightly scrape the surface to remove excess marinade. Grill until cooked through. Brush with marinade in the last 2 minutes of cooking.

Lusog Notes

This recipe is rich in protein that helps build and repair body tissues. It is also a source of calcium, which is needed for bone health and helps in blood clotting.

Cooking Skills Needed

- Grilling
- Slicing
- Mixing
- Shredding

Cooking Tools

- Grill Pan
- Spatula
- Measuring Cups

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