



## Pineapple Kimchi Recipe

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| Preparation Time | 5  |
| Cooking Time     | 30 |
| Serving Size     | 5  |

### Ingredients:

- 1 can DEL MONTE Pineapple Chunks (432g), drained, reserve 1/8 cup syrup
- 1/2 tsp ginger, grated
- 1/2 tsp garlic, minced
- 1/8 cup green onions, chopped
- 1 Tbsp patis
- 1/2 Tbsp chili flakes, korean
- 1/8 cup reserved pineapple syrup

### Preparation:

- 1 Mix all the ingredients then chill.

### Chef's Tip

Use Korean chili flakes, also known as Gochugaru, this type of chili flakes is bright red with distinct flakes and will give the kimchi its characteristic look and taste.

### Lusog Notes

This recipe is low fat and two servings of this gives you a source of vitamin C, which helps resist infections and increases the absorption of iron in the body.

### Cooking Skills Needed

- Grating
- Mixing

### Cooking Tools

- Measuring Cups
- Chopping Board
- Measuring Spoon