



Pineapple Kimchi Recipe

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