



## Squid Piña Guisado Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>20</b>
<b>Serving Size</b>	<b>12</b>

### Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/3 cup onion, sliced
- 1 Tbsp ginger, cut into strips
- 1/3 cup tomato, sliced
- 500 g squid, cleaned, ink sac removed then sliced
- 1 tsp soy sauce
- 1/4 cup water
- 1/8 tsp salt
- 1/8 tsp pepper
- 1 Tbsp cornstarch, dissolved in 2 Tbsp water
- 1 can DEL MONTE Pineapple Chunks (560g), drained, reserve 1/2 cup syrup
- 1 stalk kinchay, sliced

### Preparation:

1. Sauté garlic, onion, ginger, and tomatoes. Add squid, soy sauce, reserved pineapple syrup, and water. Season with salt and pepper. Cook for 5 minutes.
2. Add cornstarch mixture, DEL MONTE Pineapple Chunks, and kinchay. Simmer until thick.

### Chef's Tip

Do not overcook the squid as it might turn tough and rubbery.

### Lusog Notes

Two servings of this dish provides a source of protein and vitamin A. Protein plays a role in the regulation and maintenance of the body's fluid balance while vitamin A helps form healthy skin and promotes good vision.

### Cooking Skills Needed

- Sautéing
- Slicing

### Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Spatula