



Squid Piña Guisado Recipe

Preparation Time	10
Cooking Time	20
Serving Size	12

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