



Thai Pineapple Cucumber Salad Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

DRESSING:

- 2 Tbsp sugar, white
- 2 Tbsp water
- 1/3 cup reserved pineapple syrup
- 1/2 Tbsp patis
- 1/8 tsp siling labuyo
- 2 Tbsp cilantro
- 1/4 cup DEL MONTE Red Cane Vinegar
- 1/4 tsp salt

- 2 cup cucumber
- 1 can DEL MONTE Sliced Pineapple (432g), drained, quartered, and reserve 1/3 cup syrup
- 2 Tbsp onion, red, sliced
- 2 Tbsp peanuts, roasted

Preparation:

1. To make the dressing, mix all ingredients together. Set side.
2. Slice the cucumber into half lengthwise then slice each half to make thin half-moon slices.
3. In a bowl, mix the cucumber, DEL MONTE Sliced Pineapple, onions, peanuts, and the dressing. Chill for 30 minutes or until ready to serve.

Chef's Tip

This dish is best served as an appetizer or as a side dish to grilled fish or even spicy curries. The pineapple and cucumber mellow the heat of the chili and curry.

Lusog Notes

Did you know that pineapple contains vitamin B2 and manganese? Vitamin B2 may help in energy production and stamina while manganese may help in the formation of connective tissues and bones.

Cooking Skills Needed

- Mixing
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon

- Spatula

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