



Tuna Kinilaw Espesyal Recipe

Preparation Time	15
Cooking Time	15
Serving Size	5

Ingredients:

- 300 g tuna, fillet, cut into 1 x 1-inch cubes
- 2 Tbsp calamansi juice
- 1/4 tsp salt
- 2 Tbsp DEL MONTE Red Cane Vinegar
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained, reserve 2 tbsp syrup
- 1/4 cup bell pepper, red, cut into squares
- 1/4 cup bell pepper, green, cut into squares
- 1/4 cup onion, red, chopped
- 1 pc siling labuyo, sliced
- 1 tsp ginger, minced
- 1 Tbsp garlic, minced
- 1 Tbsp DEL MONTE Red Cane Vinegar
- - salt, to taste
- - pepper, to taste

Preparation:

1. Marinate fish in calamansi juice and salt. Store in the refrigerator for 30 minutes. Drain then soak in DEL MONTE Red Cane Vinegar for 15 minutes. Drain.
2. Combine fish with DEL MONTE Pineapple Tidbits with reserved syrup and the remaining ingredients. Season with salt and pepper to taste. Toss well. Chill until ready to serve.

Chef's Tip

Fresh tuna is best for this dish because of the firm, meaty flesh. If tuna is not available, you may use mayamaya fillet.

Lusog Notes

This special dish is a source of niacin that promotes normal digestion and healthy skin. It also has vitamin C that helps in the efficient absorption of iron in the body.

Cooking Skills Needed

- Cutting
- Mixing
- Slicing

Cooking Tools

- Chopping Board