



Tuna Paksiw Recipe

Preparation Time	10
Cooking Time	20
Serving Size	4

Ingredients:

- 500 g tuna steak, 1/2-inch thick
- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1/4 cup DEL MONTE Red Cane Vinegar
- 1/4 cup water
- 1 Tbsp garlic, crushed
- 1/4 cup onion, white, cut into rings
- 1 Tbsp ginger, cut into strips
- 1 pc siling haba
- 1 tsp oil
- 1/2 tsp peppercorn, black
- 1 tsp salt, rock

Preparation:

1. Arrange fish in a pan.
2. Add DEL MONTE Pineapple Tidbits and its syrup, DEL MONTE Red Cane Vinegar, water, garlic, onion, ginger, siling haba, oil, and peppercorn. Bring to a boil then simmer uncovered for 2 minutes, then cover and simmer for 10 minutes. Season with salt.

Chef's Tip

Tuna dries out easily. Simmer until just cooked through to avoid overcooking.

Lusog Notes

This dish is high in vitamin A which helps maintain healthy skin and normal vision. It is also high in niacin that promotes normal digestion.

Cooking Tools

- Chopping Board