



## Tuna Paksiw Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>20</b>
<b>Serving Size</b>	<b>4</b>

### 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