

PININYAHANG MANOK (CHICKEN WITH PINEAPPLE CHUNKS AND COCONUT MILK)

- 2 lbs. Chicken, cut up
- 2 tbsp. Fish sauce
- ½ Bulb garlic, minced
- 1 medium Onion, diced
- 2 medium Tomatoes, diced
- 1 Green bell pepper, cut to 2-inch thickness
- 1 medium Carrot, cut into chunks
- 1 cup Water
- 1 tsp. Knorr Liquid Concentrated Chicken Base
- 1 can Pineapple chunks
- 1 cup Juice from the can of pineapple chunks, reserved
- 1 cup Coconut milk

1. Marinate the chicken in the pineapple juice from the canned pineapple chunks and fish sauce for at least 1 hour.
2. Heat 2 tbsp. cooking oil in a medium-high heat pan. When hot, pan-fry chicken pieces to a golden brown, around 3-5 minutes. Set chicken aside.
3. In the same pan, sauté garlic, onions, and tomatoes until sweated, about 3 minutes.
4. Add the chicken pieces one by one. Combine ingredients together.
5. Pour water and pineapple juice into the pan. Add Knorr Liquid Concentrated Chicken Base and bring to a boil. Once the sauce is boiling, add coconut milk. Turn heat to medium. Cover and simmer for 25 minutes or until chicken is tender.
6. Adjust the flavor of the sauce. Add fish sauce in increments of 1 tbsp for more flavor depending on your taste.
7. Add carrots and cook for another 5 minutes. Lastly, add bell peppers and pineapple chunks and cook for another 3 minutes.
8. Turn off heat and place on serving plate.
9. Serve with a steaming bowl of rice. Enjoy!

ADDITIONAL INFORMATION

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