



Fish Stew With Tofu And Pineapples Recipe

Preparation Time
Cooking Time
Serving Size

15 mins.
30 mins.
6

Ingredients:

- 500 g labahita fillet, cut into chunks
- 2 1/2 Tbsp tenga ng daga, soaked and diced
- 1/3 cup soy sauce
- 1/3 cup sugar, white
- 1 1/4 cup water
- 1 cup mirin (opt. japanese rice wine or chinese rice wine)
- salt, to taste
- 300 g tofu, cut into thick strips then blanch for 3 minutes
- 1 can DEL MONTE Pineapple Chunks (432g), drained, reserve syup
- 2 1/2 stalk leeks, sliced

Preparation:

1. Marinate fish in half of the reserved pineapple syrup for 10 minutes. Drain. Discard marinade.
2. Combine tenga ng daga, soy sauce, sugar, water, mirin, remaining pineapple syrup and salt to taste. Bring to a boil. Add tofu. Simmer over low heat for 10 minutes.
3. Add DEL MONTE Pineapple Chunks and fish. Bring to a boil, simmer for 5 minutes. Add leeks.

Chef's Tip:

To use tenga ng daga, soak in warm water until rehydrated.

Lusog Notes:

This Fish Stew With Tofu And Pineapples dish is a source of iron that helps form hemoglobin, which transports and holds oxygen in the body. It also has vitamin A that keeps the immune system healthy.