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Tinolang Manok

Ingredients

1fl oz. vegetable oil
1 onion, chopped
4 cloves garlic, crushed
0.5oz. ginger, crushed
32fl oz. water
1 whole chicken, quartered
1oz. fish sauce
0.5oz. chili leaves (dahon ng sili)
1 small papaya, diced

Servings

4

Person

Preparation Time

10

min

Cooking Time

30

min

Preparation

- 1 In a pot heat the oil. Add the onion, garlic and ginger and sauté
- 2 Add the water, making sure it is warm. Add the chicken to that
- 3 Bring to boil and simmer on a medium high heat for approximately 20 minutes
- 4 Season with the fish sauce
- 5 Add the papaya and simmer for 5-7 minutes until the papaya is softened
- 6 Add the chili leaves and remove the pot from the heat
- 7 Serve with plain rice.

Cooks Note

Preparation time: 10 minutes; Cooking time: 30 minutes; Serves 4
