

1.Chicken Adobo is a type of Filipino chicken stew. Chicken pieces are marinated in soy sauce and spices, pan-fried, and stewed until tender. The dish gained popularity because of its delicious taste and ease in preparation.

Serving - 6-7 person

Ingredients

1 whole chicken, cut into fist-sized pieces

1/4 cup soy sauce

1 cup vinegar

1 tsp sugar

Pinch of salt and peppercorn

3 bay leaves

1 cup water

1 medium onion, chopped

4 cloves of garlic, pressed or chopped

Cooking oil

Salt and pepper to taste

Nutrition Facts

Carbs 39.3 g

Dietary Fiber 2.6 g

Sugars 2.2 g

Fat 19.7 g

Saturated 5.6 g

Polyunsaturated 3.4 g

Monounsaturated 9.7 g

Trans 0 g

Protein 16.8 g

2.Chicken Tinola is a Filipino soup usually served as a main entrée with white rice.

Traditionally, this dish is cooked with chicken or fish, wedges of papaya and/or chayote, and leaves of the siling labuyo chili pepper in broth flavored with ginger, onions and fish sauce.

Ingredients

1 tablespoon canola oil

1 small onion, peeled and sliced thinly

3 cloves garlic, peeled and minced

2 thumb-sized fresh ginger

1 (3 to 4 pounds) whole chicken, cut into serving pieces

2 tablespoons fish sauce

5 cups water

1 small green papaya, pared, seeded and cut into 2-inch wedges

1 bunch fresh spinach leaves, stems trimmed

salt and pepper to taste

Procedure

1. Saute the garlic then add the pork, soy sauce, vinegar, and peppercorn, then let simmer over medium heat for few minutes.
2. Add the sprite and cover until the meat is tender stirring occasionally, when its tender increase the heat to make the sauce thickens then turn off the heat.
3. Serve it with rice.

Instructions

1. In a pot over medium heat, heat oil. Add onions, ginger, and garlic and cook until softened. Add chicken and cook, stirring occasionally, for about 5 to 7 minutes or until chicken starts to change color and juices run clear.
2. Add fish sauce and cook, stirring occasionally, for about 1 to 2 minutes.
3. Add water and bring to a boil, skimming scum that floats on top. Lower heat, cover and simmer for about 30 to 35 minutes or until chicken is cooked through.
4. Add papaya and cook for about 3 to 5 minutes or until tender yet crisp.
5. Season with salt and pepper to taste.
6. Add spinach and push down into broth. Cook until just wilted. Serve hot.

Nutrition Information

Calories: 583kcal (29%)
Carbohydrates: 25g (8%)
Protein: 37g (74%)
Fat: 37g (57%)
Saturated Fat: 8g (40%)
Cholesterol: 127mg (42%)
Sodium: 1089mg (45%)
Potassium: 1223mg (35%)
Fiber: 5g (20%)
Sugar: 5g (6%)
Vitamin A: 3215IU (64%)
Vitamin C: 42.2mg (51%)
Calcium: 93mg (9%)
Iron: 6.6mg (37%)

3.Chicken Afritada is simmered until perfectly tender in a fresh tomato-based sauce with potatoes, carrots, and bell peppers. This classic Filipino stew is easy to make and budget-friendly yet hearty and flavorful. Perfect for family dinners and special occasions!

1 ½ poundsChicken (cut into serving pieces)
2 piecesPotato (cubed)
1 pieceCarrot (sliced)
8 ouncesTomato Sauce
3 piecesHotdog (sliced)
½ cupGreen Peas
3 piecesBay Leaves
1 pieceRed Onion (chopped)
2 teaspoonsGarlic (minced)
3 cupsChicken Broth
½ teaspoonSugar
3 tablespoonsOil (cooking)
addSalt And Ground Black Pepper

- 1.Heat the oil in a cooking pot. Saute onion and garlic until the onion softens.
- 2.Add chicken. Cook for 30 seconds. Turn it over and cook the other side for another 30 seconds.
- 3.Pour tomato sauce and chicken broth. Cover. Let boil.
- 4.Add dried bay leaves. Cover the cooking pot. Continue to cook in medium heat for 30 minutes.
- 5.Add hotdogs and carrot. Cook for 3 minutes.
Add potato. Cover the pot and cook for 8 minutes.
- 6.Add green peas. Cook for 2 minutes.
- 7.Season with salt and ground black pepper
- 8.Serve!

Nutrition Information
Serving: 384g
Calories: 350kcal
Carbohydrates: 17.7g
Protein: 46.8g
Fat: 9.5g

Saturated Fat: 2g
Cholesterol: 116mg
Sodium: 1088mg
Fiber: 3.5g
Sugar: 5.5g

4.SINIGANG NA MANOK

Sinigang is an authentic Filipino dish. The basic ingredient of sinigang can either be chicken, pork, fish, beef or shrimp with a lot of vegetables. The souring ingredients often used are either tamarind, calamansi, kamias or guava. Although, fresh tamarind or tamarind mix is the most popular souring ingredient which is readily available.

Ingredients

1 whole chicken cut in portion
2 packets of Knorr Sinigang Mix
1/4 kilo of strings beans
½ kilo of eggplant
5 pcs of green chili (not spicy)
Fish sauce (measurement according to your taste)
1 ginger medium-size or according to your taste
Sliced 5 tomatoes
1 whole big onion
2.5 liters of water

Procedure

1. In a pot, boil the water. When the water boils, pour the cut chicken, onions, ginger, and tomatoes.
2. When the chicken is tender, pour 1 packet of the Knorr sinigang mix and taste. If the taste is less sour, add more Knorr sinigang mix until you are satisfied with the sourness of the soup. The technique of getting the taste you would like when cooking is don't put too many sauces, salt, etc. You can adjust.
3. Add the fish sauce to balance the taste.
4. When the chicken is tender, add the string beans, eggplant, and green chili. It is up to you if you want the veggies to be half- cooked or fully cooked.
5. Serve while hot and enjoy your Sinigang na Manok!

Nutrition facts

Carbs- 15.2 g
Dietary Fiber 3.9 g
Sugars 4 g
Fat 3.5 g
Saturated 1 g
Protein 30.5 g

5. Ginataang manok is a Filipino chicken soup made from chicken in coconut milk with green papaya and other vegetables, garlic, ginger, onion, patis (fish sauce) or bagoong alamang (shrimp paste), and salt and pepper. It is a type of ginataan.

Ingredients

2 lbs chicken cut into serving pieces

2 cups coconut milk

1/2 bunch spinach

2 tbsp garlic minced

1 large onion sliced

2 tbsp ginger julienned

8 ounces green papaya wedged

1/2 tsp paprika optional

1 piece long green chili optional

4 pieces Thai chili or siling labuyo if available, chopped (optional)

2 tbsp cooking oil

Salt and pepper to taste

1 Heat the cooking pot and pour-in the cooking oil.

2. Sauté the garlic, onion, and ginger.

3 Add the chicken and cook until the color of the outer part turns light brown.

- 4 Pour-in the coconut milk while stirring and bring to a boil.
- 5 Sprinkle some paprika then simmer for 30 minutes or until the chicken is tender and the coconut milk becomes thick.
- 6 Add the long green chili and Thai chili then simmer for 5 minutes
- 7 Add the green papaya then simmer for 5 to 8 minutes.
- 8.Put-in the spinach, salt, and pepper then simmer for 3 minutes.
- 9.Turn-off the heat then transfer the cooked chicken to a serving plate
- 10 Serve hot. Share and enjoy!

Nutrition Facts

Carbs24 g

Dietary Fiber 2 g

Sugar 16g

Fat7.9 g

Saturated7 g

Protein1.6 g

6.Chicken menudo tomato based dish and a variation of pork menudo and resembles chicken afritada because of one ingredient, the bell peppers. Pork menudo doesn't have bell peppers. Cooking is almost the same on the dishes I've mentioned and it is easier.

Ingredients

3/4 kilo chicken breast cut into cubes

1/4 kilo chicken liver cut into cubes

1 small can tomato sauce 8 Oz

1 cup banana ketchup

1 pc carrot slice into cubes

1 pc potato slice into cubes

2 medium sized red and green bell peppers cut into squares

1 small can cooked dry peas

2 pcs bay leaves

3 cloves garlic minced

2 large red onion chopped

3 Tbsp cooking oil

2 pieces hotdog sliced

2 tablespoons dried raisins

3 pcs calamansi extract the juice

1/4 cup soy sauce

2 cups water

salt and pepper to taste.

Instructions

How to cook chicken menudo:

1. In a large bowl, marinate the chicken breast in calamansi and soy sauce for at least 10 to 20 minutes. Set aside
2. In a pot, heat some cooking oil and fry the potatoes and carrots until light brown. Set aside. In the same pot, saute garlic and onion until the fragrant and soft.
3. Add the chicken and saute for at least 2 minutes in medium low fire.
4. Add water and laurel leaves and bring to a boil. Remove the scum floating on the broth.
5. Then add the chicken liver, tomato sauce and ketchup and stir. Simmer for at least 10 minutes.
6. After 10 minutes, add the green peas, bell peppers, carrots, potatoes, hotdogs, raisins, salt and pepper. Simmer again for 5 minutes stirring occasionally. Serve hot.

Nutrition Facts

Carbs 45.8 g
Dietary Fiber 4.2 g
Sugars 16.9 g
Fat 2.9 g
Saturated 0.5 g
Polyunsaturated 1.3 g
Monounsaturated 0.8 g
Protein 25 g
Sodium 1634 mg
Potassium 650.8 mg
Cholesterol 5.7 mg
Vitamin A 0.4 %
Vitamin C 50.2 %
Calcium 2.1 %
Iron 8.4 %

7. Chicken Sotanghon Soup is a Filipino version of chicken noodle soup. This soup dish makes use of shredded chicken and sotanghon noodles. It also has carrots and cabbage. Adding roasted garlic, scallions, and seasoning with fish sauce makes it stand out!

Ingredients

1 1/2 lbs. chicken breast
1 piece Knorr Chicken Cube
2 1/2 ounces sotanghon noodles
7 cups water
1 piece dried bay leaves

1 1/2 cups cabbage shredded
1 piece carrot julienne
1/2 cup scallions chopped
2 stalks celery chopped
1 piece onion chopped
5 cloves garlic minced
2 tablespoons garlic roasted
Fish sauce and ground black pepper to taste
3/4 cups annatto water
3 tablespoons cooking oil

1.Prepare the chicken by boiling water in a cooking pot. Add bay leaf. Put the chicken breast in the pot. Cover and boil in medium heat for 20 minutes.

Remove chicken from the pot and put it on a clean plate. Let it cool down. Save the chicken stock. Shred the chicken and set aside.

2.Heat oil in a large pot. Saute garlic until light brown. Add onion and celery. Saute until onion softens.

3.Put the shredded chicken in the pot and then saute it for 2 minutes.

4.Pour chicken stock and let it boil.

5.Add Knorr Chicken Cube. Stir.

6.Add annatto water and sotanghon noodles. Cover and cook for 10 minutes.

7.Put carrots and cabbage into the pot. Cook for 5 minutes.

8.Season with fish sauce and ground black pepper.

9.Put some roasted garlic and chopped scallions. Stir.

10.Transfer to a serving bowl. Serve. Share and enjoy

Nutrition Information

Calories: 383kcal (19%)

Carbohydrates: 21g (7%)

Protein: 38g (76%)

Fat: 15g (23%)

Saturated Fat: 1g (5%)

Cholesterol: 108mg (36%)

Sodium: 510mg (21%)

Potassium: 787mg (22%)

Fiber: 1g (4%)

Sugar: 2g (2%)
Vitamin A: 265IU (5%)
Vitamin C: 9.5mg (12%)
Calcium: 62mg (6%)
Iron: 1.1mg (6%)

8.Creamy Mushroom Chicken is a rich chicken dish that you can prepare for yourself and your family for dinner. This can be easily prepared in less than 30 minutes. It goes well with biscuits or mashed potatoes.

Ingredients

½ lbs. chicken cut into serving pieces

1 Knorr Chicken Cube

1 cup all-purpose cream

1 carrot sliced

12 long green beans

10 ounces button mushroom canned

1 onion chopped

5 cloves garlic chopped

1 tablespoon roasted garlic

½ teaspoon salt

¼ teaspoon ground black pepper

2 tablespoons butter unsalted

1 ¼ cups water

4 tablespoons cooking oil

Procedure

1.Melt butter in a pan and then add the olive oil.

2. Pan-fry the chicken until the color turns light brown.
3. Put in the rosemary. Cook for 1 minute.
4. Add the cream of mushroom and chicken broth. Stir and let boil.
5. Simmer for 20 minutes or until the liquid reduces.
6. Put in the mushroom and heavy whipping cream. Continue cooking for 3 to 5 minutes.
7. Add salt and pepper to taste.
8. Transfer to a serving plate. Top with sour cream and cheese.
9. Serve with mashed potato. Share and enjoy!

Cal 326

Carbs 1.5g (2%)

Fat 18g (50%)

Protein 39g (48%)

9. CHICKEN MECHADO dish is a tomato-based stew chicken recipe. The chicken meat is braised and slow-cooked in tomato sauce together with certain spices, potatoes, and bell peppers until they are soft and tender. During cooking, the delicious flavor and tenderness of the chicken meat are developed with a rich brown sauce. It is more of a feast-style dish due to the abundance of tastes and colors. It goes well with a dish of warm rice. In terms of dishes, this Mechado recipe is a favorite in the Philippines.

2 lbs. chicken cut into serving pieces

1 Knorr Chicken Cube

2 potatoes sliced

3 tablespoons soy sauce

1 lemon

8 ounces tomato sauce

1 bell pepper optional

1 cup water

3 laurel leaves

1 onion chopped

3 cloves garlic chopped

½ teaspoon sugar

Salt and ground black pepper to taste

4 tablespoons cooking oil

1. Heat oil in a pan. Fry the potatoes for 3 minutes per side. Remove from the pan. Set aside.
2. Sauté onion and garlic until the former softens.

3. Add chicken pieces. Sauté for 3 to 4 minutes.
4. Add the soy sauce. Cook for 1 minute.
5. Add tomato sauce and water. Let it boil.
6. Add Knorr Chicken Cube and laurel leaves. Cover the pan. Adjust the heat to the lowest setting. Continue cooking for 40 minutes.
7. Add lemon zest and bell pepper. Cook for 3 minutes.
8. Put the sugar and fried potato in the pot. Cook for 2 minutes.
9. Season with salt and ground black pepper.
10. Serve warm with rice. Share and enjoy

Nutrition Facts

Calories: 668kcal (33%) Carbohydrates: 12g (4%) Protein: 45g (90%) Fat: 49g (75%) Saturated Fat: 11g (55%) Polyunsaturated Fat: 11g Monounsaturated Fat: 23g Trans Fat: 0.3g Cholesterol: 170mg (57%) Sodium: 1427mg (59%) Potassium: 778mg (22%) Fiber: 3g (12%) Sugar: 6g (7%) Vitamin A: 1506IU (30%) Vitamin C: 63mg (76%) Calcium: 59mg (6%) Iron: 3mg (17%)

10. Chicken Sopas

Sopas is a chicken noodle soup dish from the Philippines that has a creamy chicken broth, usually due to the addition of evaporated milk. It also features elbow macaroni noodles, chopped or shredded chicken, and vegetables like onion, carrots, and cabbage. It can also include sliced hotdogs or sausages.

Ingredients

1 lb. rotisserie chicken shredded
2 Knorr Chicken Cubes
 $\frac{3}{4}$ cup hotdog cubed
1 cup cabbage sliced
3 stalks celery diced
1 carrot minced
1 cup evaporated milk
8 ounces elbow macaroni
1 onion minced
3 cloves garlic minced
8 cups water
3 tablespoons cooking oil
Fish sauce and ground black pepper to taste

1. Heat cooking oil in a cooking pot. Sauté onion, garlic, and celery for 1 minute.

2. Add the shredded chicken, hot dogs, and 1 tablespoon of fish sauce. Cook for 1 minute.
3. Pour the water and let it boil.
4. Add Knorr chicken cube. Cover the cooking pot. Adjust the heat of your stove to the lowest setting. Cook for 10 minutes.
5. Add elbow macaroni. Continue cooking for 18 minutes.
6. Add cabbage and evaporated milk.
7. Season with ground black pepper and fish sauce if needed.
8. Serve hot. Share and enjoy!

Nutrition Facts

Calories: 488kcal (24%)
 Carbohydrates: 42g (14%)
 Protein: 32g (64%)
 Fat: 21g (32%)
 Saturated Fat: 6g (30%)
 Polyunsaturated Fat: 3g
 Monounsaturated Fat: 7g
 Trans Fat: 0.03g
 Cholesterol: 98mg (33%)
 Sodium: 544mg (23%)
 Potassium: 392mg (11%)
 Fiber: 2g (8%)
 Sugar: 7g (8%)
 Vitamin A: 1902IU (38%)
 Vitamin C: 8mg (10%)
 Calcium: 158mg (16%)
 Iron: 1mg (6%)

11. Sizzling Chicken Sisig is the chicken version of the popular sisig dish. This recipe is quick and easy and can be low in fat depending on the type and amount of mayonnaise that will be used.

1 1/2 lbs. grilled chicken breast finely chopped
 1/4 lb. chicken liver chopped
 1 cup minced yellow onion
 1 teaspoon garlic powder
 2 pieces serrano pepper sliced diagonally
 2 tablespoons soy sauce
 1/4 cup butter
 4 to 5 tablespoons mayonnaise
 1 egg
 salt and pepper to taste

2 tablespoons cooking oil

- 1.Heat the cooking oil in a pan
- 2.When the oil becomes hot, saute the onion until it becomes soft
- 3.Add the chicken liver. Cook until the liver browns.
- 4.Add-in the grilled chopped chicken breast. Stir and cook for 3 to 4 minutes.
- 5.Put the garlic powder and soy sauce in. Stir.
- 6.Sprinkle salt and pepper. Stir.
- 7.Add the mayonnaise and then stir right away until all the ingredients are well incorporated.
- 8.Heat the sizzling plate (cast iron pan).
- 9.Once the pan is hot, put the butter in and let it melt.
- 10.Transfer the chicken sisig on the cast iron pan.
- 11.Crack the egg and drop on top of the chicken.

Cal 147 (10%)

Carbs 3.4g (10%)

Fat 7g (44%)

Protein 16.6g (46%)

12.Chicken Sandwich

When looking for a quick meal, your mind may quickly wander off to unwrapping a delicious Chicken Sandwich. With a juicy, moist center, and that deliciously crisp exterior, this really is one of those dishes that makes chicken shine the most. But this is something you can easily recreate with a few simple ingredients at home.

Ingredients

2 slices of bread

1 burger bun

Crispy Chicken Ingredients:

4 ounces chicken breast (note 1)

2 tablespoons Lady's Choice Chicken Sandwich Spread

1 egg beaten

½ cup all-purpose flour

½ cup cooking oil

½ teaspoon salt

Chicken Sandwich Spread Ingredients:

6 ounces chicken breast (note 2)

½ cup Lady's Choice Chicken Sandwich Spread

½ cup Lady's Choice Mayonnaise

¼ cup carrot minced
3 tablespoons sweet pickle relish
2 tablespoons Parmesan cheese grated
Salt and pepper to taste

1. Make the simple chicken sandwich by combining all the chicken sandwich spread ingredients in a bowl. Mix well. Season with salt and ground black pepper as needed.

2. Spread a generous amount of chicken sandwich spread mixture on one slice of bread and top it with the other slice. Set it aside.

3. Prepare the crispy chicken sandwich by making incisions on both sides of the chicken breast. Rub salt all over it and let it stay for 5 minutes.

4. Heat cooking oil in a pan.

5. Dredge the chicken in flour and then dip in beaten egg until completely coated. Dredge it again in flour. Fry one side using between low to medium heat settings until it turns golden brown. Flip the chicken breast and continue frying the opposite side. Remove from the pan and place on a plate lined with a paper towel.

6. Spread Lady's Choice Chicken Sandwich Spread on one side of each burger bun slice. Put the crispy fried chicken in the middle.

7. Enjoy your chicken sandwiches.

Nutrition Facts

Calories: 1916kcal (96%) Carbohydrates: 62g (21%) Protein: 42g (84%) Fat: 165g (254%)
Saturated Fat: 22g (110%) Polyunsaturated Fat: 51g Monounsaturated Fat: 55g Trans Fat: 0.5g
Cholesterol: 215mg (72%) Sodium: 2015mg (84%) Potassium: 576mg (16%) Fiber: 3g (12%)
Sugar: 11g (12%) Vitamin A: 3287IU (66%) Vitamin C: 4mg (5%) Calcium: 166mg (17%) Iron:
5mg (28%)