



## Adobo Pasta Recipe

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Preparation Time	15
Cooking Time	110
Serving Size	6

### Ingredients:

- 400 g pork, pigue or kasim, cut into chunks

### FOR THE MARINADE

- 1/4 cup soy sauce
- 1/4 cup DEL MONTE Red Cane Vinegar
- 1/4 tsp pepper, black
- 2 Tbsp garlic, crushed
  
- 2 Tbsp oil
- 2 Tbsp onion, sliced
- 3/4 cup water
- 1 pc bay leaf/laurel leaf
- 1/2 pack DEL MONTE Spaghetti (400g), cooked
- 1/3 cup olive oil
- 2 Tbsp garlic, crushed and fried

### Preparation:

1. Marinate pork for 30 minutes. Drain, but reserve marinade. Sauté garlic from marinade, then onion and pork. Cook for 5 minutes.
2. Add water, laurel, and the reserved marinade. Bring to boil then simmer for 40 minutes or until dry and oil comes out. Brown pork in its own oil for 3 minutes. Flake meat.
3. Combine adobo (include sauce and oil) with cooked DEL MONTE Spaghetti and olive oil. Blend well. Top with fried garlic.

### Chef's Tip

The acid in the vinegar helps to break down the protein which tenderizes the meat.

### Lusog Notes

Pasta is a source of carbohydrates that provides the body with energy. This dish is also high in protein that is essential for growth and repair of body tissues.

### Cooking Skills Needed

- Boiling
- Marinating
- Simmering
- Frying

## Cooking Tools

- Chopping Board
- Measuring Cups
- Pot
- Colander
- Spatula
- Casserole

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