



## Aloha Spareribs Recipe

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Preparation Time	10
Cooking Time	60
Serving Size	8

### Ingredients:

- 1 kg pork, ribs, cut into serving portions

### FOR THE MARINADE

- 1 can DEL MONTE Crushed Pineapple (227g), syrup included
- 1/2 cup sugar, brown, packed
- 2/3 tsp salt
- 1 tsp curry powder

### Preparation:

1. Marinate spareribs for 4 hours or overnight in the refrigerator.
2. Pre-heat oven to 350°F. Arrange spareribs with marinade in baking pan then roast for 1 hour or until tender.

### Chef's Tip

Marinating the meat in the crushed pineapple makes it more tender and juicy as the acid breaks down the protein in the meat.

### Lusog Notes

This dish is high in protein that helps repair body tissues and vitamin B1 that is needed to convert food to energy.

### Cooking Skills Needed

- Grilling
- Mixing

### Cooking Tools

- Measuring Cups
- Chopping Board
- Measuring Spoon