



Aloha Spareribs Recipe

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