



## Arroz A La Cubana Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>23</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, red, sliced
- 250 g pork, ground
- 1 1/3 cups kamote, diced
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1/4 cup raisins
- 1 tsp salt
- 1/4 tsp pepper, black
- 1/3 cup green peas, frozen
- 4 cups rice, steamed
- 3 pcs banana, saba, each sliced diagonally into 5 and fried
- 4 pcs egg, fried sunny side up

### Preparation:

1. Sauté garlic, onion, and pork. Add kamote. Cook for 5 minutes or until light brown. Add DEL MONTE Filipino Style Tomato Sauce, raisins, salt, and pepper. Bring to a boil then simmer for 10 minutes or until kamote is cooked. Add peas. Set aside.
2. Mold or scoop cooked rice on individual plates. Arrange sautéed meat mixture and fried saba around the rice. Top with egg.

### Chef's Tip

To make perfectly cooked fried eggs, heat the pan over medium to high heat. Add oil then crack the egg and slip it carefully into the pan. Immediately lower the heat. Season with salt and pepper then place a few drops of water into the pan. Cover with a lid and cook until the whites have set and the yolk is done to your desired consistency. Slide into a plate.

### Lusog Notes

This dish is a source of vitamin B1 that helps keep the nervous system healthy. It is also a source of vitamin C that helps fight common infections and keeps gums healthy.

### Cooking Skills Needed

- Frying
- Slicing
- Sautéing
- Simmering

### Cooking Tools

- Measuring Cups
- Pot

- Chopping Board
- Measuring Spoon
- Turner
- Serving Plate
- Spatula

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