



Barbecue Pork Burger Recipe

Preparation Time	5
Cooking Time	22
Serving Size	5

Ingredients:

FOR THE SAUCE

- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 1/2 Tbsp garlic, minced
- 1/8 tsp peppercorn, crushed
- 3/4 Tbsp soy sauce
- 1 1/2 tsp DEL MONTE Red Cane Vinegar
- 1 tsp sugar, brown

FOR THE BURGER

- 350 g pork, ground
- 1/4 cup onion, red
- 1 1/2 Tbsp all-purpose flour
- 1/4 tsp salt
- 1/8 tsp pepper, black

- 3 Tbsp oil

Preparation:

1. Combine ingredients for sauce. Mix well. Set aside.
2. Combine ingredients for burger and mix well. Divide into 5 then shape into patties.
3. Brush the pan with oil. Pan-grill or charcoal-grill the patties until cooked through. Baste with sauce at the last 2 minutes of cooking.

Chef's Tip

The sauce has brown sugar which may burn as the burgers are grilling. Be sure to baste with the sauce only on the last 2 minutes of cooking.

Lusog Notes

This recipe is a source of protein that is needed for growth, development and repair of body tissues. It is also source of vitamin B1 that aids in good brain function.

Cooking Skills Needed

- Grilling
- Mixing

Cooking Tools

- Measuring Spoon

- Chopping Board
- Spatula

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