



## Barbecue Rice Recipe

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Preparation Time	5
Cooking Time	25
Serving Size	7

### Ingredients:

- 300 g pork, loin, boneless-skinless, cut into thin strips
- 3/4 cup DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 2 Tbsp margarine
- 1/2 cup green peas, frozen
- 1 tsp salt
- 6 cups rice, cooked

### Preparation:

1. Marinate pork slices in DEL MONTE Quick 'n Easy Barbecue Marinade for 15 minutes. Drain and reserve marinade.
2. Sauté pork in margarine over high heat for 5 minutes or until cooked. Add peas, marinade, and salt. Allow to simmer. Add rice. Cook for 2 minutes with continuous stirring.

### Chef's Tip

It is best to use day-old rice for this recipe. Day-old rice is drier and will absorb more flavor than freshly cooked rice without getting sticky or soggy.

### Lusog Notes

This Barbecue Rice recipe is a source for vitamin B1 that helps with energy production in the body and also plays a role in muscle contraction.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Spatula
- Casserole
- Measuring Cups
- Chopping Board
- Measuring Spoon