

# Beef And Sitaw In Pine Hoisin Sauce Recipe

Preparation Time Cooking Time Serving Size 5 15 6

#### Ingredients:

- 2 Tbsp oil
- 2 tsp garlic, crushed
- 1/2 cup onion, chopped
- 250 g beef, ground
- 4 Tbsp hoisin sauce
- 4 cup sitaw, sliced 3-inches long
- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserve syrup
- 1 Tbsp cornstarch, dissolved in 1/4 cup water

#### Preparation:

- 1. Sauté garlic, onion, and beef.
- 2. When the beef turns brown, add the hoisin sauce, reserved pineapple syrup, and sitaw.
- 3. When the sitaw is cooked, add the DEL MONTE Pineapple Tidbits. Add cornstarch mixture to thicken the sauce.

## **Chef's Tip**

Brown the beef well to develop a meatier and tastier flavor.

## **Lusog Notes**

This dish is a source of protein which is important for growth and repair of body tissues. It is also a source of iron that is needed to make red blood cells that carry oxygen around the body.

#### Cooking Skills Needed

- Sautéing
- Slicing

## **Cooking Tools**

- Chopping Board
- Sauté Pan
- Spatula

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