



Beef And Sitaw In Pine Hoisin Sauce Recipe

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| Preparation Time | 5 |
| Cooking Time | 15 |
| Serving Size | 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