



Beef Pine Teriyaki Recipe

Preparation Time	75
Cooking Time	35
Serving Size	7

Ingredients:

- 500 g beef, sirloin, sliced tapa style then cut into wide strips

FOR THE MARINADE

- 1 Tbsp sugar, brown
- 3 Tbsp soy sauce
- 1/8 tsp salt
- 1 tsp liquid seasoning
- 1/4 tsp ginger, grated
- 2 clove garlic, minced

- 3 Tbsp oil
- 1 tsp cornstarch, dissolved in 3 Tbsp reserved pineapple syrup
- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserve syrup
- 1/3 cup leeks, sliced
- 1 tsp sesame seeds, toasted

Preparation:

1. Marinate beef for 1 hour in the refrigerator. Drain and reserve marinade.
2. Stir-fry beef in batches over high heat until cooked. Add marinade and cornstarch mixture. Simmer until thick.
3. Add DEL MONTE Pineapple Tidbits. Cook for 2 minutes. Remove from heat. Stir in leeks. Top with sesame seeds.

Chef's Tip

Stir-fry the beef in batches to make sure that they brown properly.

Lusog Notes

This dish is a source of iron and niacin. Iron is needed to make red blood cells that carry oxygen around the body, while niacin promotes normal digestion and healthy skin.

Cooking Skills Needed

- Grating
- Mincing
- Simmering
- Slicing

Cooking Tools

- Measuring Cups

- Measuring Spoon
- Pot
- Chopping Board
- Grater

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