



Chinese Style Tokwa't Baboy Recipe

Preparation Time	15
Cooking Time	35
Serving Size	6

Ingredients:

- 400 g pork, loin, boneless-skinless, cut into strips
- 1 1/2 Tbsp soy sauce
- 1/4 cup all purpose flour
- 2 cup oil, for deep frying

- 1/3 cup water
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 3 Tbsp kinchay, sliced
- 1/3 cup kuchay, sliced (optional)
- 1/2 tsp salt
- 1 1/3 cup tokwa cut into cubes

Preparation:

1. In a bowl, mix pork with soy sauce and flour. Deep-fry until brown. Drain and set aside.
2. Combine water, pork, and DEL MONTE Original Style Tomato Sauce. Bring to boil then simmer for 10 minutes. Add kinchay, kuchay, and salt to taste. Simmer for 5 minutes. Stir in tokwa. Serve.

Chef's Tip

When frying the pork tenderloin, drop the pieces of meat one by one to make sure they do not stick to each other because of the flour.

Lusog Notes

This dish is high in protein which is needed for growth, development, and repair of body tissues. Tokwa can also be your low-cost, healthy alternative for meat.

Cooking Skills Needed

- Deep Frying

Cooking Tools

- Pot
- Wooden Spatula
- Chopping Board