



Gising-Gising Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

- 1 1/4 Tbsp oil
- 2 Tbsp garlic, minced
- 1/3 cup onion, red, chopped
- 1/4 cup bagoong alamang, sautéed
- 200 g pork, ground
- 1 pc siling labuyo, chopped
- 430 g Baguio beans, sliced thinly
- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1 pack DEL MONTE Quick 'n Easy Gata Mix (40g), dissolved in 1/4 cup water

Preparation:

1. Sauté garlic and onion in oil. Add bagoong and cook for 5 minutes.
2. Add pork and sili. Sauté until pork is lightly browned. Add Baguio beans and DEL MONTE Pineapple Tidbits with syrup. Simmer until beans are almost cooked. Stir occasionally.
3. Add DEL MONTE Quick n Easy Gata Mixture. Simmer for 5 minutes.

Chef's Tip

Cook the Baguio beans until it turns a bright green color. At this point, taste a piece of green bean, it should be crisp and should not have a starchy taste. If it does, cook for an additional 1 - 2 minutes.

Lusog Notes

This dish is a source of calcium that is necessary for bone growth and development. It is also source of Vitamin B1 that helps convert food into energy.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing
- Dissolving

Cooking Tools

- Chopping Board
- Measuring Spoon
- Knife
- Pan
- Measuring Cups
- Wooden Spatula

