



## Honey Garlic Pork Recipe

---

<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 500 g pork, kasim, skin removed, tocino cut
- 1 cup cornstarch, for dredging
- 2 cups oil, for deep-frying
  
- 1/2 Tbsp garlic, chopped
- 1 pack DEL MONTE Quick 'n Easy Sweet and Sour Mix (57g)
- 1/2 cup water
- 1/4 cup honey
- 1 1/2 Tbsp leeks, sliced diagonally

### Preparation:

1. Pound the meat lightly to thin it out.
2. Dredge pork pieces in cornstarch. Deep fry until golden brown.
3. In a small pot, sauté garlic until golden brown. Set aside and remove oil.
4. In the same pot, heat the DEL MONTE Quick n Easy Sweet & Sour Mix dissolved in water. Simmer until thick then add honey.
5. Toss the pork, sauce, and half of the garlic. Transfer to a plate then top with remaining garlic bits and leeks.

### Chef's Tip

When pounding meat to thin it out, place the meat in between 2 plastic sheets then pound from the center going out to make sure you have even thickness all over.

### Lusog Notes

This dish gives you protein that is needed for growth and development and iron for making red blood cells that carry oxygen around the body.

### Cooking Skills Needed

- Deep Frying
- Simmering
- Slicing

### Cooking Tools

- Measuring Cups
  - Spatula
  - Chopping Board
  - Measuring Spoon
  - Pot
-

