



Honey Garlic Pork Recipe

Preparation Time	15
Cooking Time	35
Serving Size	5

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
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