



Piña Bistek Recipe

Preparation Time	15
Cooking Time	80
Serving Size	8

Ingredients:

- 500 g beef, sirloin, sliced tapa style

FOR THE MARINADE

- 1/3 cup garlic, finely crushed
- 2 Tbsp soy sauce
- 1 Tbsp calamansi juice
- 1/4 tsp pepper, black
- - reserved pineapple syrup

- 1/4 cup oil
- 1/3 cup onion, sliced into rings
- 3 Tbsp soy sauce
- 1/4 tsp pepper, black
- 1 Tbsp calamansi juice
- 1 can DEL MONTE Pineapple Tidbits (432g), drained, reserve syrup

Preparation:

1. Marinate beef for 1 hour in the refrigerator. Drain and reserve marinade.
2. Fry beef until tender. Set aside.
3. In the same pan, sauté onion. Add soy sauce, pepper, calamansi juice, and remaining marinade. Simmer for 2 minutes. Add DEL MONTE Pineapple Tidbits and fried beef. Bring to a boil and allow to simmer for 5 minutes.

Chef's Tip

When beef is properly browned, it gives a deeper meat flavor to the dish. Fry the sirloin in batches so that it browns properly.

Lusog Notes

This Piña Bistek recipe contains iron, which is essential for normal metabolism and circulation.

Cooking Skills Needed

- Marinating
- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board

- Measuring Cups
- Measuring Spoon

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