



## Pinakbet Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>25</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 Tbsp oil
- 1/4 cup water
- 250 g pork, liempo, sliced into 1/2-inch thick strips
- 1/2 cup onion, red, chopped
- 2 Tbsp garlic, crushed
- 1/4 cup bagoong alamang
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1/4 cup water
- 3 cups squash, cut into 2x2-inches cubes, peeled
- 1 cup sitaw/yardlong beans, cut into 2-inches length
- 1 cup okra, bias cut
- 1/2 cup ampalaya, cut into 1-inch thick

### Preparation:

1. In a pot, combine oil, water, and pork. Cover and simmer until the fat comes out. Then sauté the pork until brown and crispy.
2. Add the onion and sauté until translucent. Add the garlic and sauté until aromatic. Add bagoong and sauté for 1 minute.
3. Add the DEL MONTE Filipino Style Tomato Sauce, water, and squash. Simmer until squash is cooked.
4. Add the sitaw, okra, and ampalaya then let it simmer for 2 minutes. Serve.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Mixing
- Sautéing
- Simmering
- Slicing

### Cooking Tools

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