# Pinakbet Recipe

Preparation Time Cooking Time Serving Size 15 25 5

## 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