



Pineapple Meatloaf Recipe

Preparation Time	20
Cooking Time	160
Serving Size	8

Ingredients:

- 1 can DEL MONTE Pineapple Tidbits (432g), drained
- 1 pc egg
- 500 g pork, ground
- 1 pc pork bouillon cube, crumbled
- 2 slices bread, white loaf, diced
- 1/4 cup milk, evaporated (370mL)
- 1/3 cup bell pepper, green, chopped
- 1/3 cup bell pepper, red, chopped
- 1/4 cup onion, red, chopped
- 1/2 tsp salt
- 1/4 tsp pepper, black

Preparation:

1. Combine half of DEL MONTE Pineapple Tidbits with remaining ingredients. Mix thoroughly.
2. Spread remaining pineapple on bottom of 9 x 5-inch pan. Pour meat mixture. Cover with wax paper and steam for 1 hour. Cool slightly then serve with bread or rice and DEL MONTE Ketchup.

Chef's Tip

To easily unmold the meatloaf, lightly grease the pan before filling with the meatloaf mixture.

Lusog Notes

This dish is a source of protein which is important for growth and development. Protein also aids in the creation and repair of body tissues.

Cooking Skills Needed

- Mixing
- Sautéing

Cooking Tools

- Spatula
- Measuring Cups
- Steamer
- Measuring Spoon