



Pineapple Pork Steak Recipe

Preparation Time	10
Cooking Time	505
Serving Size	8

Ingredients:

- 800 g pork, loin or porkchop

FOR THE MARINADE

- 1/3 cup garlic, crushed
- 1/3 cup soy sauce
- 3 Tbsp calamansi juice
- 1/4 tsp pepper, black

- 1/3 cup oil, for frying
- 1/3 cup onion, white, sliced into rings
- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserve syrup

Preparation:

1. Marinate pork overnight in the refrigerator. Drain and reserve marinade.
2. Heat pan with oil, then fry pork slices. Set aside. Retain 2 tablespoons of oil in the pan.
3. In the same pan, sauté onion. Add remaining marinade. Boil, cover and simmer for 5 minutes.
4. Add fried pork chops and DEL MONTE Pineapple Tidbits. Allow to simmer. Serve.

Chef's Tip

Fry the porkchop to brown and not necessarily to cook through. The porkchop will still have the chance to fully cook as it simmers in the sauce.

Lusog Notes

This protein-rich dish is essential for growth and development. It also has Vitamin B3 that's great for digestion and functioning of the nervous system.

Cooking Skills Needed

- Sautéing
- Frying
- Simmering
- Marinating

Cooking Tools

- Measuring Cups
 - Wooden Spatula
 - Chopping Board
 - Measuring Spoon
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