



## Pineapple Pork Steak Recipe

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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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