



Pinoy Beef Tapa Recipe

Preparation Time	35
Cooking Time	45
Serving Size	10

Ingredients:

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 2 Tbsp garlic, crushed
- 1 kg beef, sirloin, sliced tapa style
- 1/4 cup oil, for frying

Preparation:

1. Marinate beef slices in DEL MONTE Quick 'n Easy BBQ Marinade and garlic for 30 minutes. Drain.
2. Fry in 2 batches until cooked.

Chef's Tip

Fry the tapa in batches to make sure the meat sears and seals the juices in.

Lusog Notes

This Pinoy Beef Tapa dish is a source of protein, iron and vitamin A. Protein supports growth and development while iron is needed in the formation of red blood cells that distribute oxygen to the rest of the body. On the other hand, vitamin A is important for healthy vision and skin.

Cooking Tools

- Chopping Board