



Pork And Eggplant Sauté Recipe

Preparation Time	8
Cooking Time	24
Serving Size	7

Ingredients:

- 2 Tbsp oil
- 1/4 cup garlic, crushed
- 3 1/2 Tbsp onion, red, sliced
- 250 g pork, ground
- 700 g eggplant, sliced
- 2 pcs siling labuyo, sliced
- 1 1/3 Tbsp patis
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 250 g tofu, diced
- 1/2 cup water
- - pepper, to taste
- 2 2/3 Tbsp wansuy, chopped

Preparation:

1. Sauté garlic, onion and pork for 5 minutes. Add eggplants, sili and patis. Cook for 2 minutes, stirring occasionally.
2. Add DEL MONTE Filipino Style Tomato Sauce, tofu, water and pepper to taste. Add wansuy. Bring to a boil then simmer for 10 minutes.

Chef's Tip

Eggplant turns brown when sliced and exposed to air. Soak the eggplant in salted water until ready to use. Rinse well.

Lusog Notes

This recipe contains Vitamin B1 that releases energy from the food we eat and iron that is needed for making red blood cells that carry oxygen around the body.

Cooking Skills Needed

- Slicing
- Simmering
- Sautéing

Cooking Tools

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