



## Pork Piña Giniling Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>23</b>
<b>Serving Size</b>	<b>3</b>

### Ingredients:

- 2 Tbsp oil
- 1/2 Tbsp garlic, crushed
- 1 1/2 Tbsp onion, red, sliced
- 150 g pork, ground
- 1 1/2 tsp soy sauce
- - reserved pineapple syrup
- 1 Tbsp water
- 1/4 cup potato, diced
- 1/4 cup carrot, diced
- 3/4 Tbsp raisins (optional)
- - salt, to taste
- - sugar, to taste
- - pepper, to taste
- 1 pouch DEL MONTE Pineapple Tidbits (200g), drained, reserve syrup

### Preparation:

1. Sauté garlic, onion, ground pork, and soy sauce in oil for 5 minutes.
2. Add the reserved pineapple syrup, water, potato, carrot, and raisins. Season with salt, sugar, and pepper to taste. Bring to a boil then simmer for 15 minutes or until vegetables are tender.
3. Add DEL MONTE Pineapple Tidbits. Cook for another 3 minutes.

### Chef's Tip

Potato turns brown after slicing. Soak immediately in water to avoid discoloration.

### Lusog Notes

This dish contains vitamin A that helps prevent infections by keeping the immune system healthy. It also has vitamin C that aids in wound healing.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

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