



Pork Pulpog Recipe

Preparation Time	10
Cooking Time	90
Serving Size	5

Ingredients:

- 500 g pork, liempo
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)

FOR THE VINEGAR DRESSING

- 1/2 cup DEL MONTE Red Cane Vinegar
- 2 Tbsp calamansi juice
- 1/3 cup onion, red, thinly sliced
- 1/4 tsp black pepper, ground
- 2 pc siling haba, sliced diagonally
- 1 can DEL MONTE Pineapple Tidbits (227g), drained
- 2 Tbsp green onions, chopped

Preparation:

1. Marinate the pork in DEL MONTE Quick 'n Easy Barbecue Marinade for 1 hour in the refrigerator.
2. Grill the pork and cut into 1/2-inch size piece.
3. In a bowl, mix all the ingredients for the vinegar dressing.
4. Toss the sliced pork and dressing.

Chef's Tip

Thinly slice the onions to give a subtle heat every bite. Big chunks of onions will give a too strong taste and will overpower the taste of the pork.

Lusog Notes

This Pork Pulpog recipe is high in protein needed for growth and development. It is also a source of vitamin B1 that helps keep the nervous system healthy.

Cooking Skills Needed

- Grilling
- Marinating
- Mixing

Cooking Tools

- Grill Pan
- Scooper