



Pork Tofu Stir-Fry Recipe

Preparation Time	10
Cooking Time	43
Serving Size	5

Ingredients:

- 250 g pork, lomo/tenderloin, cut into cubes
- 1 tsp sugar, brown
- 1/2 tsp ginger, grated
- 1/2 tsp salt
- 1/4 tsp pepper, black

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 1 Tbsp fermented black beans (tausi)
- 1 pc star anise
- 1/4 cup water
- 1/3 cup bell pepper, red, cut into strips
- 150 g tofu, cut into cubes
- 3/4 cup mixed vegetables, frozen

Preparation:

1. Marinate pork in sugar, half of ginger, salt, and pepper for 30 minutes.
2. Sauté garlic, pork, and remaining ginger in oil over medium heat until browned. Drain excess oil.
3. Add DEL MONTE Filipino Style Tomato Sauce, tausi, star anise, water, and bell pepper. Cover and simmer for 5 minutes. Add tofu and mixed vegetables. Simmer for 3 minutes.

Chef's Tip

Gently sauté the pork over medium heat. The brown sugar will caramelize and then burn over high heat.

Lusog Notes

This recipe is rich in vitamin A helps maintain healthy skin and normal vision. It is also a source of protein which is essential for growth and development.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

- Pot

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