



QNE Pork Barbecue On Sticks Recipe

Preparation Time	60
Cooking Time	20
Serving Size	11

Ingredients:

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 kg pork, pigue (or kasim) with 10% fat, sliced thinly, then cut into 3 x 1 1/2-inch pieces
- 1/3 cup oil
- 22 pcs barbecue stick

Preparation:

1. Marinate the pork slices in DEL MONTE Quick n Easy BBQ Marinade for 1 hour.
2. Heat an oiled grill pan.
3. Pan-grill barbecue until cooked on both sides, turning occasionally and basting both sides in the last 5 minutes of cooking.

Chef's Tip

Soak the wooden skewer in water for an hour before using to prevent it from burning.

Lusog Notes

This recipe is a source of protein that is needed for the body's growth and development, and of vitamin B1 that helps convert food into energy.

Cooking Skills Needed

- Grilling

Cooking Tools

- Chopping Board
- Grill Pan
- Measuring Cups
- Measuring Spoon
- Spatula