

# Sautéed Beef And Sayote Tops Recipe

Preparation Time Cooking Time Serving Size 05 16 5

#### Ingredients:

- 2 Tbsp oil
- 1 tsp garlic, finely chopped
- 1/2 cup onion, red, chopped
- 150 g beef, ground
- 3 Tbsp hoisin sauce
- 6 cup sayote tops/leaves
- 2 pouch DEL MONTE Pineapple Tidbits (115g)

#### Preparation:

- 1. Sauté garlic and onion in oil. Add beef and sauté until browned.
- 2. Stir in the hoisin sauce then add the sayote tops and cook until wilted.
- 3. Add the DEL MONTE Pineapple Tidbits with the syrup and simmer for 1 minute. Serve.

### **Chef's Tip**

Sauté the beef until browned properly. Browning adds a deeper and meatier taste.

## **Lusog Notes**

This recipe is high in vitamins A and C. Vitamin A helps maintain healthy skin and normal vision while vitamin C helps fight common illness and aids in wound healing.

# **Cooking Skills Needed**

Sautéing

# **Cooking Tools**

- Chopping Board
- Pot
- Spatula

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