



## Sautéed Beef And Sayote Tops Recipe

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<b>Preparation Time</b>	<b>05</b>
<b>Cooking Time</b>	<b>16</b>
<b>Serving Size</b>	<b>5</b>

### 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