



Savory Pork Chop Recipe

Preparation Time	10
Cooking Time	160
Serving Size	8

Ingredients:

- 1 kg pork, loin/porkchop

FOR THE MARINADE

- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 1/2 Tbsp garlic, crushed
- 2 Tbsp soy sauce
- 2/3 tsp salt
- 1/2 tsp pepper, black

Preparation:

1. Mix all ingredients for marination, then marinate pork chops for 2 hours or preferably overnight in the refrigerator.
2. Arrange flat in a carajay or frying pan with marinade. Cover and simmer over low heat for 35 minutes or until dry and oil comes out. Continue cooking until slightly brown on both sides, turning meat occasionally.

Chef's Tip

Cooking the pork chops in its marinade is a good way of infusing more flavor into the meat, tenderizing it and also cooking it without additional fat or oil.

Lusog Notes

This dish is high in protein needed for the growth, development, and repair of body tissues. Protein also provides energy for the body.

Cooking Skills Needed

- Simmering

Cooking Tools

- Measuring Cups
- Chopping Board
- Measuring Spoon