



Sinigang Sa Pinya Recipe

Preparation Time	10
Cooking Time	35
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 2 1/2 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 1/2 cup tomato, sliced
- 4 Tbsp patis
- 500 g pork, liempo, cut up
- 1/2 can DEL MONTE 100% Pineapple Juice with Vitamins A, C & E (240ml)
- 1/8 tsp pepper, black
- 250 g gabi, boiled and mashed
- 100 g mustasa
- 1 bunch kangkong, cut up
- 3 pouch DEL MONTE Pineapple Tidbits (115g)

Preparation:

1. Sauté garlic, onion and tomatoes for 3 minutes. Add patis and pork then sauté for 10 minutes.
2. Add DEL MONTE Pineapple Juice and pepper to taste. Simmer for 20 minutes or until pork is tender.
3. Add gabi, mustasa, kangkong and DEL MONTE Pineapple Tidbits with syrup. Remove from flame.

Chef's Tip

Sauté the pork until the patis has evaporated to remove any "lansa" from the pork.

Lusog Notes

This Sinigang Sa Pinya Filipino dish with a delicious twist is high in vitamin A, which helps maintain healthy skin and normal vision, and vitamin C which is important for the normal structure and functioning of body tissues.

Cooking Tools

- Scooper