



## Sizzling Sinigang Recipe

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<b>Preparation Time</b>	<b>20</b>
<b>Cooking Time</b>	<b>63</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 3/4 cups water
- 1/4 cup onion, red
- 2/3 kg pork, liempo, cut into chunks
- 1/2 Tbsp patis
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 3/4 cup radish, sliced
- 1/8 cup siling haba
- 1/2 cup okra, each piece cut into two
- 1 1/4 cups kangkong, leaves and tender stalks only
- 1 1/2 Tbsp sinigang mix
  
- 2 Tbsp oil
- 1/8 cup all-purpose flour
- 1/2 Tbsp patis
- 1/4 tsp sugar
- 1/3 cup margarine
- 1/8 cup siling haba, chopped

### Preparation:

1. Combine water, onion, pork, patis, and DEL MONTE Original Style Tomato Sauce. Allow to boil, cover and simmer for 30 minutes or until pork is tender.
2. Add radish and siling haba. Simmer until radish is almost cooked. Add okra and allow to simmer until okra is almost tender.
3. Add kangkong and sinigang mix powder. Bring to a boil and allow to simmer.
4. Drain pork from red sinigang. In a pan, sauté pork until brown and add flour.
5. Add the sinigang broth and remaining vegetables then season with patis and sugar, finish with margarine.
6. Pour in sizzling plate sprinkle siling haba. Serve.

### Chef's Tip

Cook the flour until it coats the pork and smells a bit nutty. This is to ensure that the flour is cooked and will not make the sauce taste starchy after.

### Lusog Notes

This recipe is a source of iron that is needed for normal metabolism and vitamin A which is important for the

normal structure and functioning of the skin.

### **Cooking Skills Needed**

- Boiling
- Sautéing
- Simmering

### **Cooking Tools**

- Measuring Cups
- Strainer
- Chopping Board
- Measuring Spoon