



Pork Eggplant Pine Dish Recipe

Preparation Time
Cooking Time
Serving Size

10 mins.
40 mins.
5

Ingredients:

- 300 g pork, liempo
- 1 tsp soy sauce
- 1/4 tsp pepper, black
- 350 g eggplant
- 1/2 Tbsp garlic, minced
- 1 1/4 cups onion, white, diced
- 1/2 cup tomato, diced
- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1 Tbsp DEL MONTE Red Cane Vinegar
- 2 stalks green onion, sliced
- 1/4 tsp salt
- 1/4 tsp pepper, black

Preparation:

1. Season pork with soy sauce and pepper. Pan-grill until tender. Cut into strips. Set aside.
2. Grill or pan-grill eggplants for 5 minutes or until just cooked. Peel eggplants. Cut crosswise into 2 inch pieces. Combine with pork, garlic, onion, and tomatoes. Set aside.
3. Combine DEL MONTE Pineapple Tidbits with remaining ingredients. Stir. Add to the pork mixture. Season with salt and pepper.

Chef's Tip:

To easily peel eggplants, place them in a bowl right after grilling. Cover with cling wrap so it steams. The steam will help easily peel off the skin.

Lusog Notes:

This dish is rich in vitamin B1 that helps release energy from the food that we eat. It also contains protein which is important for the body's growth and development.