

Pork Hamonado

Ingredients

- 0.5 kg Pork Shoulder
- 1 cup Pineapple Juice
- 1 sachet MAGGI® Oyster Sauce 30g
- 1 sachet MAGGI® Magic Sarap® 8g
- 1 pc Bay Leaf
- 1 can Pineapple Rings
- 2 tbsp Vegetable Oil
- 1 tbsp Spring Onion

Instruction

Protein

- 1. Combine pork, pineapple juice, MAGGI® Oyster Sauce, MAGGI® Magic Sarap®, bay leaf and syrup from the canned pineapple in a pot. Pour enough water to barely cover the pork. Cover, bring to a simmer and cook for 45 minutes.
- 2. Remove pork and set aside to cool. Reserve cooking liquid.
- 3. Sauté pineapple in oil until golden brown. Remove and set aside.
- 4. Slice pork ½-inch thick and sauté in the same pan until golden brown. Pour cooking liquid and simmer for 5mins.
- 5. Transfer pork and sautéed pineapple on a serving plate. Pour sauce on top, sprinkle spring onion and serve.

Nutrition		90 Minutes
Carbohydrates	20.82 g	6
Energy	247.4 kcal	
Fats	10.99 g	

17.39 g