





FILIPINO-STYLE PINEAPPLE AND PORK ADOBO

Adobo is a popular Filipino dish that involves marinating meat, in this case pork shoulder, in a vinegar-based sauce for juicier, more tender meat. The pineapple in this dish adds a sweet, sharp acidity that complements the saltiness of the pork.

 20 minutes
 1 hour and 30 minutes
 8 portions

INGREDIENTS

- 3lbs (1400 grams) of pork shoulder steaks, cut into 3cm chunks
- 150mls of rice vinegar
- 120mls of tamari
- 6 cloves of garlic, chopped
- 1 large onion, roughly chopped
- 12 bay leaves
- 8 bird's-eye chillies, halved lengthways
- 2 tablespoons of black peppercorns
- 1 pineapple, peeled, cored and cut into chunks
- 180-240mls of water
- 1 tablespoon of olive oil
- 4 spring onions, sliced - to serve

COOKING METHOD

- 1° Place the pork into a large bowl with all the other ingredients (except the olive oil and spring onions) and add enough water to cover. Cover the bowl and set aside to marinate for at least 20 minutes at room temperature (or leave in the refrigerator for up to 24 hrs).
- 2° Remove the pork and pineapple from the marinade, reserving the marinade for the next steps. Heat the olive oil in a large casserole dish or deep pot over a medium/high heat. Fry the pork for 8-10 minutes until browned. Add the pineapple and cook, stirring often, for a further 2-3 minutes on each side until the pineapple starts to caramelise.
- 3° Next pour over the marinade, scraping the dish to lift off any sticky bits. Reduce the heat to a medium low, cover and simmer gently for 30 minutes.
- 4° Remove the lid from the pot and simmer, uncovered, for a further 25-30 minutes, stirring regularly, until the pork is tender and the sauce has thickened.
- 5° Serve in bowls, with the spring onion and a side of rice (not included in nutritional breakdown).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (395 g)	% DRI
ENERGY	78 kcal	307 kcal	15 %
PROTEIN	10 g	39 g	79 %
CARBOHYDRATE	4 g	17 g	7 %
SUGARS	4 g	14 g	16 %
FAT	2 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
FIBER	0 g	1 g	4 %
SODIUM	246 mg	972 mg	41 %