

Pork Afritada



Makes:

8 servings, approximately 10 ounces each

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Wok with Cover

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Recipe:

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2 ¼ pounds
pork ribs with pork kasim
(approximately 1
kg)
1 tablespoon
garlic, shredded, use Cone #1
(8.5
g)
1 onion, strung, use Cone #2
1 tablespoon
pickle relish
(15
g)
4 ounces
soy sauce
(120
mL)
salt and fresh ground pepper, to taste
3 potatoes, cut in large chunks
1 red bell pepper, sliced thin
3 hot do links, sliced
7 ounces
tomato sauce
(200
g)

Directions:

1. Preheat wok over medium heat.
2. Wash and clean pork. When several drops of water sprinkled on wok skitter and dissipate, place pork in wok.
3. Add garlic, onions, relish, soy sauce, pepper and salt to taste. Stir to combine and cover. Cook for 20 minutes.
4. Add potatoes, red bell peppers and hot do links. Pour tomato sauce over top.
5. Cover, and reduce temperature to low and cook for another 10 minutes.

6. Serve immediately.

Nutritional Information per

▼ Serving

Calories: 434
Total Fat: 28g
Saturated Fat: 10g
Cholesterol: 100mg
Sodium: 1504mg
Total 19g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 26g
