



Altertrade Philippines Inc.

# HEALTHY - FOOD Recipes

## Stir-Fried Sayote



🔪 Prep time: 10 mins  
🕒 Cook time: 20 mins  
🕒 Total time: 30 mins  
🍴 Serves: 4

### Ingredients

3 pieces medium chayote (Sayote) peeled, seed removed, and sliced  
5 cloves garlic crushed  
1 medium sized onion sliced  
1 medium sized tomatoes chopped  
1/4 lb ground pork  
2 tablespoons olive oil or any cooking oil  
1 teaspoon salt  
1/2 tsp ground black pepper

### Instructions

1. Heat the cooking oil in a pan.
2. Sauté the garlic, onion, and tomato
3. When the tomato becomes soft, add the ground pork and then cook for 6 to 8 minutes.
4. Put-in the chayote. Stir.
5. Cover. Let boil and simmer for 7 to 10 minutes.
6. Add salt and ground black pepper. Stir.
7. Serve with hot rice.

Share and enjoy!

