

# Marinated pork with pineapple (texture modified diet)



## Ingredients (serves 1)

- 100 g pork loin
- 100 g fresh pineapple
- 25 g onion
- 10 g red pepper
- 1 garlic clove
- 25 g boiled potato
- 1 tbsp soy sauce  
(skip in case of high blood pressure or fluid retention)
- Chopped parsley
- Pepper
- 1 tbsp extra virgin olive oil

## Method

1. To make the marinade, chop the vegetables, pineapple, and pork loin into small cubes.
2. Mix everything together and add the chopped parsley.
3. Dress with pepper, soy sauce and some olive oil. Stir together and cover. Leave in the fridge for approximately one hour.
4. When marinated, strain and reserve the remaining liquid. Separately sauté everything in a frying pan at low heat. Add the liquid left from the marinade and the boiled potato.
5. Stir and add 100 ml of water.
6. Let it cook for five minutes and put the stew into a tall container ready to blend.
7. Blend and serve.

## Recommendations

The pineapple can be replaced for other fruits.  
In case of hypertension or fluid retention, replace soy sauce with water or a low salt stock.