Bicol Express is a popular Filipino dish named after the train that travels through the Bicol region in the Philippines. It is a spicy stew made with pork, coconut milk, and chili peppers.

Ingredients:

- 1 pound pork shoulder, cut into small cubes

- 2 tablespoons vegetable oil

- 1 onion, chopped

- 3 cloves garlic, minced

- 1-inch piece of ginger, peeled and grated

- 2-3 Thai chili peppers, sliced thinly (or substitute with jalapeño or serrano peppers)

- 1 tablespoon shrimp paste

- 1 can coconut milk (13.5 oz)

- 1 cup water

- Salt and pepper to taste

- 2 cups chopped spinach or kangkong (water spinach) leaves (optional)

Method:

1. Heat the oil in a large pot or Dutch oven over medium-high heat. Add the pork and cook until browned on all sides.

2. Add the onion, garlic, ginger, and chili peppers to the pot and cook until the onions are translucent.

3. Stir in the shrimp paste, coconut milk, and water, and bring to a simmer.

4. Reduce the heat to low, cover the pot, and let it cook for about 1 hour or until the pork is tender.

5. Season with salt and pepper to taste.

6. If using spinach or kangkong, add it to the pot during the last few minutes of cooking, and stir until it wilts.

7. Serve hot with rice.

Nutritional Information:

- Calories: 300-350

- Total fat: 25-30g

- Saturated fat: 15-20g

- Cholesterol: 40-50mg

- Sodium: 300-400mg

- Total carbohydrates: 5-10g

- Dietary fiber: 1-2g

- Sugars: 2-3g

- Protein: 15-20g