

Let's face it, we all love to eat. Filipinos, in general, are very passionate about food. However, the same thing cannot be said about cooking since it can be quite exhausting. So here are some ways to take out the stress from this daunting task and make cooking more enjoyable for you:



## 1. Consult the internet

Easy and simple recipes are now easy to look up in the internet. <u>Del Monte Kitchenomics</u> has loads of recipes for you to try when you don't know what to prepare for your first kitchen masterpiece.

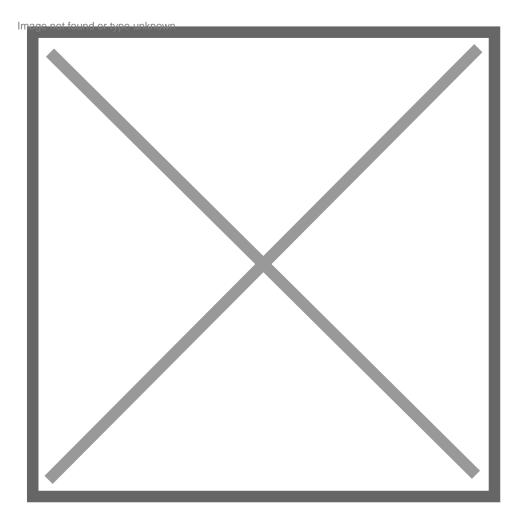
## 2. Plan ahead

Make sure you have the complete ingredients before you start to cook. It would be good if you prepare, cut or slice, and measure all your ingredients before you start cooking. We guarantee this will make the actual cooking more efficient and less stressful for you.



## 3. Blast your favorite music

Get yourself in the mood for cooking and build good vibes by playing your favorite playlist on full blast while whipping up your dish.



## 4. Always have **Del Monte Quick 'n Easy** in your pantry

For a beginner cook like you, there is nothing more important that having help from a cooking expert like <u>Del Monte Quick n' Easy</u>. It's perfectly seasoned with real seasonings and spices so you can easily achieve dishes like it was cooked by an expert.



5. Have a positive attitude

Lastly, cooking is more fun when you choose to enjoy doing it rather than feeling forced into it. Always remember that a positive attitude always does wonders for taking out stress and having fun!

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