



Corned Beef Sticks Recipe

Preparation Time	5
Cooking Time	17
Serving Size	6

Ingredients:

- 1 can corned beef (150g)
- 12 pc lumpia wrapper, each piece cut into 2
- - water, for sealing
- 1/2 cup oil, for frying
- 1/2 cup DEL MONTE Sweet Blend Ketchup (320g)

Preparation:

1. Put 1 1/2 teaspoon of corned beef on one end of lumpia wrapper. Fold both sides to cover the filling.
2. Roll and damp edges with water to seal. Fry in hot oil until golden brown.
3. Drain fried lumpia on paper towels. Dip in DEL MONTE Sweet Blend Ketchup.

Chef's Tip

Make sure that lumpia is well sealed to prevent it from opening during frying and squeeze excess moisture from the corned beef.

Lusog Notes

Two servings of this dish gives you a source of protein which is essential for growth and development. Protein also plays a role in regulation of enzymes and hormones in the body.

Cooking Skills Needed

- Frying

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula