



Grilled Pineapple Sundae Recipe

Preparation Time	5
Cooking Time	13
Serving Size	2

Ingredients:

CARAMEL SAUCE:

- 1/4 cup sugar, granulated
- 1 Tbsp butter
- 2 Tbsp whipping cream

- 1 can DEL MONTE Sliced Pineapple (227g), drained
- 250 ml ice cream, vanilla
- 2 Tbsp peanuts, roasted

Preparation:

1. To make a caramel sauce, melt the sugar in a pan. When the caramel turns into an amber color, turn off the heat then add the butter and whipping cream.
2. In a pan-grill, grill the DEL MONTE Sliced Pineapple quickly to add smoky flavor.
3. To assemble, scoop the ice cream, top with grilled pineapples. Drizzle with caramel sauce and top with roasted peanuts.

Chef's Tip

Grill the pineapples over a very hot grill pan to immediately sear the pineapples and give it a smoky aroma.

Lusog Notes

This dish gives you a source of vitamin A and calcium. Vitamin A promotes eye health and is needed for night vision while calcium is important for bone health and helps in blood clotting.

Cooking Skills Needed

- Grilling

Cooking Tools

- Grill Pan
- Measuring Cups
- Scooper
- Measuring Spoon
- Spatula