



Ketchup Pesto Recipe

| | |
|------------------|---|
| Preparation Time | 5 |
| Cooking Time | 5 |
| Serving Size | 5 |

Ingredients:

- 1/3 cup DEL MONTE Sweet Blend Ketchup (320g)
- 8 pc basil, fresh
- 1 1/2 Tbsp olive oil
- 1 1/2 Tbsp parmesan cheese, grated
- 1 Tbsp parsley, snipped
- 1/3 tsp garlic, sliced

- 1/4 tsp DEL MONTE Red Cane Vinegar
- 1/8 tsp white pepper

Preparation:

1. Mix DEL MONTE Sweet Blend Ketchup with ingredients then blend in a blender until ingredients are crushed.
2. Combine with DEL MONTE Red Cane Vinegar and white pepper. Best served with fried chicken.

Chef's Tip

Remove excess breadcrumbs by tapping the chicken after coating. Excess crumbs will burn in the oil while frying.

Lusog Notes

Did you know that basil is a good source of vitamin K? Vitamin K plays a role in blood clotting and in bone health.

Cooking Skills Needed

- Frying
- Mixing

Cooking Tools

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