



## Sweet Chili Wings Recipe

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| <b>Preparation Time</b> | <b>05</b> |
| <b>Cooking Time</b>     | <b>10</b> |
| <b>Serving Size</b>     | <b>6</b>  |

### Ingredients:

- 3/4 Tbsp butter
- 1 cup DEL MONTE Sweet Blend Ketchup (320g)
- 1/2 tsp hot sauce (may add more to increase heat)
- 1/2 cup water
- 1/4 tsp salt
- 1/4 tsp pepper, black
- 1/4 tsp sugar, white

### Preparation:

1. In a sauce pan, melt 1/2 tablespoon butter then add the DEL MONTE Sweet Blend Ketchup. Bring to a boil and allow to simmer for 1 minute or until sauce thickens.
2. Add hot sauce, water, and season with salt, pepper, and sugar. Finish the sauce with the remaining butter. Use as coating for fried chicken wings and serve.

### Chef's Tip

Dry the raw chicken with paper towels to prepare them for breading. Drying helps in making sure that the breading coats evenly and thinly to achieve a crisp crust.

### Lusog Notes

Did you know that tomato ketchup contains lycopene? Lycopene is an antioxidant that may help reduce risk of heart diseases.

### Cooking Skills Needed

- Boiling
- Deep Frying
- Simmering

### Cooking Tools

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