

快 · 易 · 煮食譜

FRESH TASTY · HEALTHY

Del Monte presents
by Fat Little



全港最愛
No.1
品牌



Fresh Fruit · Sweet Corn · Tasty Sauce



全港最愛
No.1
品牌

一直深受大人及小朋友喜愛的全港No.1*品牌 - 地捫。品牌家傳戶曉，粟米、茄汁、菠蘿等產品系列陪伴大家成長。地捫不論蔬菜或水果，均在最佳的收成期新鮮採摘，並即時直送入罐，提供著如新鮮一樣的豐富營養價值，令大眾不受時間、天氣或地域限制，隨時輕鬆方便享用新鮮美味的蔬果、乾果小吃及果汁飲品。

綠色健康生活愈來愈多人重視，不論大人和小朋友，都希望擁有一個高質素的綠色生活，好讓自己和地球都更健康。而一向與時並進的地捫，貫徹120年來的優良品質，以「We Grow Quality」為宗旨，嚴選優良種子種植，減少使用肥料及農藥，並於收割24小時內入罐，確保新鮮。

而生產過程中更增添各種節能儀器，減少天然氣使用及耗電量。

地捫一向高據市場佔有率，充滿健康活力的品牌形象，多年來不斷創新，舉辦與顧客互動的活動，致力宣揚健康飲食的重要。地捫產品種類豐富，只需配合簡單材料，便可輕鬆做出各款繽紛沙律、主菜和甜品等多元化又健康的菜式。近年更推出健康果汁系列，加入不同營養元素，務求為大眾提供更均衡健康的營養色彩。



- 4 前菜小食
- 12 亞洲主菜
- 19 西式主菜
- 27 甜品
- 33 飲品



食譜創作 - 愛食愛煮 Fat Little

SANDY HUNG 筆名 Fat Little，自小熱愛烹飪，喜歡食，不怕肥，只怕不健康。跟米芝蓮星級酒店行政總廚學藝，鑽研法國、西班牙、意大利菜及法式甜品。擅長以方便健康食材，創作視覺、味覺驚喜的簡易菜式，同朋友分享Hehehaha！

總代理：領盛國際有限公司
www.well-synergy.com

* 地捫茄汁為全港銷售額及銷售量冠軍品牌 - 根據 Nielsen 尼爾森 2015年5月 - 2016年4月全港醬料類別 (茄汁) 零售調查報告



全港
No.1*
品牌

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*地摺茄汁為全港銷售額及銷售量冠軍品牌 — 根據 Nielsen 尼爾森 2015年5月-2016年4月全港醬料類別 (茄汁) 零售調查報告

戀上地摺

地摺，一個享譽百年、深入民心、陪著港人成長的優質包裝食品品牌，大家喜愛的粟米、茄汁、菠蘿、雜果、西梅汁等系列於香港市場更佔著領導地位，成為全港最愛No.1*品牌。由超級市場至餐廳酒家；由家常小菜至佳餚美食，都充滿著與地摺不同的回憶小故事。地摺包裝食品更讓您不受時間、天氣或地域限制，隨時輕鬆方便享用新鮮食材，烹調出健康有營養式。

創意食譜作家Fat Little為地摺創作不少食譜，包括不同小食、中西式主菜、甜品及飲品。今年以地摺優質產品清新演繹多款經典菜式包括「西梅菠蘿焗豬扒飯」、「忌廉蘑菇三文魚意粉」、「脆香粟米斑塊」、「法式蜜桃撻」等食品。經典滋味、創新感受。無論小朋友、爸爸媽媽或公公婆婆都喜歡，可謂人人戀上地摺。

地摺於今年推出香港官方網頁，集合所有快·易·煮食譜，為不懂烹飪的初學者都能夠在家中輕易做到健康美味佳餚。大家除了可以重溫歷年已推出的食譜，更可於網頁瀏覽最快最新地摺推廣活動。想了解更多地摺消息，即登入 www.delmonte-asia.com.hk 或掃瞄 QR Code！





經典“辛”風味

全新登場



泰式甜辣醬

地們番茄汁

香辣番茄汁

「香辣番茄汁」以上等紅辣椒精製而成，輕辣且鮮甜，適合各式烹調或作蘸點醬汁；

「泰式甜辣醬」具地道泰式風味，果香中透着蒜香，輕辣且帶甜酸，開胃怡神，適合蘸點炸物。



Appetizer

番茄粟米藜麥沙律

Quinoa Salad with Corn and Tomato

材料 地們粟米粒1/3罐，地們去皮番茄粒1/2罐，青瓜1條，藜麥1/3碗，西生菜半棵

調味汁 萬子柚子醋醬油3湯匙，萬子醬油1/2湯匙

做法

- 1 煲滾水加入藜麥煮約10分鐘至軟身，瀝乾備用。
- 2 青瓜切粒，放入瓶子最底層，再放入番茄粒及粟米粒。
- 3 將調味醬汁拌勻，注入(2)，鋪上藜麥，最上層放上切碎的生菜，食時拌勻。

Ingredients

Del Monte Whole Kernel Corn 1/3 can, Del Monte Peeled Diced Tomatoes 1/2 can, Cucumber 1 pc, Quinoa 1/3 bowl, Lettuce 1/2

Seasoning

Kikkoman Ponzu Shoyu 3 tbsp, Kikkoman Soy Sauce 1/2 tbsp

Preparation

- 1 Boil water, add quinoa and cook for 10 mins until soft. Drain and reserve.
- 2 Dice cucumber and place it at the bottom of jar. Add diced tomato and corn.
- 3 Mix the seasoning and pour it into (2). Cover quinoa and place shredded lettuce on top.

藜麥號稱超級食物，具有高纖維、蛋白質同鐵質，加入同樣高纖的香甜粟米及含豐富茄紅素的番茄，絕對是愛美愛健康的OL最愛。

Quinoa is known as super food which has rich amount of dietary fibres, proteins and iron.



滋味沙律二重奏

Tasty Salad Duet

材料 地們什果(細罐) 1罐，地們蘆薈半盒，地們粟米粒3湯匙，蟹柳3條，雞蛋2隻，牛油果1個

醬汁 地們青芥辣蛋黃醬2湯匙，蜜糖2茶匙，法式芥末2茶匙

做法

- 1 煲滾水放入雞蛋以中細火煮約9分鐘，再放入凍水待涼去殼切碎備用。
- 2 將蜜糖及法式芥末混和，加入已隔水之什果及蘆薈攪勻，放在沙律杯底層後鋪上粟米。
- 3 牛油果切粒、蟹柳切碎，混入芥辣蛋黃醬及雞蛋碎拌勻，面上鋪上車厘茄即成。

Ingredients

Del Monte Fruit Cocktail (S) 1 can, Del Monte Aloe Vera 1/2 box, Del Monte Whole Kernel Corn 3 tbsp, Crab Stick 3 pcs, Egg 2 pcs, Avocado 1 pc

Sauce

Del Monte Wasabi Mayonnaise 2 tbsp, Honey 2 tsp, French Mustard 2 tsp

Preparation

- 1 Bring water to boil and cook egg for 9 mins over medium-low heat. Cool down the egg with cold water. Shell and chop, reserve.
- 2 Mix honey with french mustard. Toss with fruit cocktail and aloe vera, put at the bottom of a glass and add a layer of corn.
- 3 Dice avocado, cut crab sticks and toss with wasabi mayonnaise and grated egg. Place the cherry tomato on top.



蜜桃烤雞沙律

Roasted Chicken Salad with Peach

材料 地們切片黃桃(細罐)1罐，地們提子乾2湯匙，雞胸肉1件，沙律菜100克，松子仁1湯匙

醬汁 沙律醬1湯匙

醃料 鹽、黑椒適量

做法

- 1 將雞胸肉洗淨抹乾用醃料醃10分鐘。
- 2 預熱焗爐放入雞胸以180度焗10分鐘至全熟，待涼切片。
- 3 碟上鋪上沙律菜，加入瀝乾水份之黃桃、提子乾及松子仁拌勻，最後淋上沙律醬即成。

Ingredients

Del Monte Sliced YC Peaches 1 can, Del Monte Raisins 2 tbsp, Chicken Breast 1 pc, Salad Vegetable 100g, Pine Nuts 1 tbsp

Sauce

Salad Dressing 1 tbsp

Marinade

Salt & Black Pepper some

Preparation

- 1 Wash chicken breast and drain. Marinade for 10 minutes.
- 2 Put chicken breast into preheated oven at 180°C bake for 10 minutes until cooked. Cut into pieces after cool down.
- 3 Place salad vegetable on dish. Drain peaches and mix with raisins and pine nuts. Toss with salad dressing. Ready to serve.



泰式酸辣肉碎粉絲沙律

Thai Minced Meat Vermicelli Salad

材料 地捫泰式甜辣醬3湯匙，粉絲1扎，免治豬肉100克，芹菜3條，乾蔥1粒，車厘茄6粒，青檸汁1茶匙

醃料 魚露2茶匙，糖、辣椒粉適量

做法

- 1 先將粉絲用滾水煮至軟身瀝水備用。
- 2 免治豬肉以醃料醃10鐘，加熱油鑊炒熟。
- 3 將乾蔥切片、芹菜切段及車厘茄切半。
- 4 將粉絲及(3)放入碗，混入泰式甜辣醬拌勻，最後加青檸汁即成。

Ingredients

Del Monte Thai Sweet Chilli Sauce 3 tbsp, Vermicelli 1, Minced pork 100g, Celery 3 pcs, Shallot 1, Cherry Tomato 6, Lime Juice 1 tsp

Marinade

Fish Sauce 2 tsp, Sugar & Chilli Powder some

Preparation

- 1 Cook vermicelli until soft. Drain and reserve.
- 2 Marinade minced meat for 10 minutes. Heat up the pan and fry the pork until well done.
- 3 Cut shallot, celery into pieces and cut cherry tomato into a half.
- 4 Place vermicelli and (3) in a bowl, mix with thai sweet chilli sauce. Drizzle with lime juice. Ready to serve.



香辣虎蝦配蜜桃莎莎

Spicy Prawn with Peach Salsa

材料 地捫南非切邊黃桃(中罐)半罐，地捫墨西哥風味番茄片100克，虎蝦4隻，青瓜1條，洋蔥(切粒)2湯匙

醃料 辣椒粉1茶匙，鹽少許，生粉1茶匙
調味 地捫香辣番茄汁3湯匙，檸檬汁2茶匙，鹽少許

做法

- 1 將虎蝦洗淨去殼去腸抹乾用醃料醃5分鐘。
- 2 預熱煎鍋將蝦煎熟備用。
- 3 將青瓜、洋蔥、番茄、半邊桃切幼粒，加入檸檬汁及鹽拌勻成莎莎。青瓜切薄片放於碟上，鋪上莎莎，再放上半邊蜜桃，頂上放上虎蝦。
- 4 將香辣番茄汁加入2湯匙蜜桃糖水煮熟淋於(3)上即成。

Ingredients

Del Monte S. Africa Peach Halves (M) 1/2 can, Del Monte Stewed Tomatoes - Mexican 100g, Tiger Prawn 4 pcs, Cucumber 1, Onion (Diced) 2 tbsp

Marinade

Paprika 1 tsp, Salt a pinch, Cornstarch 1 tsp

Seasoning

Del Monte Tomato Chilli Ketchup 3 tbsp, Lemon Juice 2 tsp, Salt a pinch

Preparation

- 1 Peel and devein tiger prawn. Dry well and marinade for 5 minutes.
- 2 Preheat the pan and cook prawn. Put aside.
- 3 Finely chop cucumber, onion, tomato, peach, squeeze lemon juice and season with salt as salsa. Place thin slices of cucumber on plate followed by salsa, peach halves and tiger prawn on top.
- 4 Cook tomato chilli ketchup added with 2 tbsp of peach halves syrup over heat. Drizzle it over (3). Ready to serve.



沙甸魚吐司

Sardine Toast

材料 地捫茄汁沙甸魚(細罐)1罐·法包1條·車厘茄3粒·火箭菜數片·蒜頭1粒

做法

- 1 法包切片以200度焗約5分鐘至脆身。
- 2 蒜頭切半，擦在熱的法包面上。
- 3 將火箭菜、車厘茄及切成半邊的茄汁沙甸魚鋪在法包上即成。

Ingredients

Del Monte Sardines in Tomato Sauce (S) 1 can, French Bread 1 loaf, Cherry Tomato 3 pcs, Wild Rocket a few, Garlic 1 clove

Preparation

- 1 Slice the french bread, bake for 5 minutes until crispy.
- 2 Cut garlic in a half and wipe over hot french bread.
- 3 Place wild rocket, cherry tomato and sardines over french bread.



涼拌麵豉沙甸魚豆腐

Cold Beancurd with Miso Sardines

材料 地捫日式麵豉汁沙甸魚215克·豆腐1磚·蔥粒及木魚絲各少許

做法

- 1 先將地捫沙甸魚隔汁，麵豉汁備用，切碎沙甸魚。
- 2 豆腐上放上沙甸魚，鋪上木魚絲，淋上麵豉汁，灑上蔥花即成。

Ingredients

Del Monte Sardine in Miso Sauce 215g, Beancurd 1 pc, Finely Chopped Spring Onion a pinch, Shredded Dried Bonito Fish a pinch

Preparation

- 1 Sieve sardine from miso sauce, set aside. Mash sardine.
- 2 Put sardine over beancurd and place shredded dried bonito. Pour miso sauce on top and sprinkle with finely chopped spring onion.

沙甸魚含大量鈣質、維他命，奧米加-3含量更能媲美深海大魚，每周吃兩至三餐魚類便可攝取所需足夠的奧米加三脂肪酸。

Sardines has good sources of Calcium, vitamins and omega-3. Regular consumption of fish 2 - 3 times per week is recommended to meet adequate intake of omega 3 fatty acids.



粟米豆腐蝦仁羹

Corn and Beancurd Soup with Shrimp

材料 地捫粟米蓉1罐，地捫粟米粒1/3罐，滑豆腐1磚，蝦仁120克，水1.5碗，雞蛋1隻，蔥花少許

調味 鹽，胡椒粉小許

做法

- 1 將粟米蓉放入煲內加水，用中火煮滾。
- 2 蝦仁以鹽及胡椒粉略醃切粒，將雞蛋打成蛋液，備用。
- 3 待(1)滾後加入粟米粒及已切粒豆腐同煮，再倒入蛋液拌勻。
- 4 以鹽及胡椒粉調味，最後灑上少許蔥粒即可。

Ingredients

Del Monte Sweet Corn Cream Style 1 can, Del Monte Whole Kernel Corn 1/3 can, Beancurd 1 pc, Shrimp 120g, Water 1.5 bowls, Egg 1, Finely chopped Spring Onion some

Seasoning

Salt and Pepper a pinch

Preparation

- 1 Bring sweet corn cream style to boil, fill water and boil over medium heat
- 2 Dice shrimps and marinade with salt and pepper. Beat eggs in a bowl, reserve.
- 3 Add whole kernel corn and diced beancurd to (1) and boil, toss well with egg wash.
- 4 Seasoning with salt and pepper. Sprinkle with finely chopped spring onion. Ready to serve.

粟米豆腐蝦仁羹，營養豐富又美味。粟米含較高膳食纖維素，能吸收水份，有助排便及預防便秘，是長者的最愛。

Corn has rich dietary fibres which enable water to absorb and facilitate bowel movement and prevent constipation.



醬燒豬頸肉配烤菠蘿

Grilled Pork Neck with Roasted Pineapple

材料 地捫菠蘿茸3湯匙，豬頸肉250克，蜜糖2湯匙

醃料 地捫香辣椒汁4湯匙，萬字海鮮醬2湯匙，萬字醬油1/2湯匙

做法

- 1 先將豬頸肉以醃料醃15分鐘。
- 2 預熱焗爐，焗盤鋪上錫紙，放上豬頸肉，以200°C焗10分鐘後取出，向上那邊塗上蜜糖，焗5分鐘。
- 3 將豬頸肉翻到另一邊，重覆(2)至熟。
- 4 另以中細火炒熱菠蘿茸，加入1湯匙罐內之糖水及1茶匙萬字醬油拌勻，最後加入1茶匙蜜糖炒勻即成。

Ingredients

Del Monte Crushed Pineapple 3 tbsp, Pork neck 250g, Honey 2 tbsp

Marinade

Del Monte Tomato Chilli Ketchup 4 tbsp, Kikkoman Hoisin Sauce 2 tbsp, Kikkoman Soy Sauce 1/2 tbsp

Preparation

- 1 Marinade pork neck for 15 minutes.
- 2 Preheat oven, place aluminum foil over baking pan and put pork neck on top. Preheated oven at 200°C bake for 10 minutes. Then spread with honey and bake for 5 minutes more.
- 3 Turn over the pork neck, repeat (2) until cooked.
- 4 Saute crushed pineapple over middle-low heat. Add 1 tbsp of syrup from can mixed with 1 tsp of Kikkoman soy sauce. Add 1 tsp of honey, stir well. Ready to serve.



香辣咕嚕雞球

Spicy Sweet and Sour Chicken

材料 雞上腩肉(去皮)200克, 紅、黃、青椒各1/2個, 洋蔥1/3個, 蒜頭2粒, 雞蛋2隻, 生粉1/2碗

醃料 萬字醬油1湯匙, 胡椒粉1/3茶匙, 紹酒1茶匙

調味汁 地扨香辣番茄汁4湯匙, 糖2茶匙, 生粉1/2茶匙, 水1/3碗

做法

- 1 雞上腩肉洗淨, 瀝乾, 切件, 用醃料醃10分鐘。
- 2 什椒、洋蔥切件備用。
- 3 雞件黏上蛋液, 鋪上生粉, 以滾油炸至香脆瀝乾備用。
- 4 燒熱油鑊, 用中火炒香蒜頭及(2), 混入調味醬料, 放入(3)炒勻至收汁即成。

Ingredients

Chicken Thigh (peeled) 200g, Red, Yellow, Green Bell Pepper 1/2 pc each, Onion 1/3 pc, Garlic 2 cloves, Eggs 2 pcs, Cornstarch 1/2 bowl

Marinade

Kikkoman Soy Sauce 1 tbsp, Pepper 1/3 tsp, Shaoxing Wine 1tbsp

Seasoning

Del Monte Chilli Ketchup 4tbsp, Sugar 2 tsp, Cornstarch 1/2 bowl, Water 1/3 bowl

Preparation

- 1 Wash and drain chicken thigh, cut it into dices. Marinade for 10 mins.
- 2 Cut bell peppers and onion into cubes, reserve.
- 3 Toss chicken pieces with egg wash, dust with cornstarch. Deep fry until crispy. Drain and reserve.
- 4 Stir fry garlic & (2), add seasoning. Fry well with (3) until the sauce becomes thickness.



菠蘿炒牛肉

Stir Fried Beef with Pineapple

材料 地扨菠蘿3 - 4片, 牛肉200克, 蒜頭2粒, 洋蔥1/2個, 青椒1/2個, 紅辣椒2條

醃料 萬字醬油1湯匙, 糖1/2茶匙, 紹酒1茶匙

調味汁 萬字蒜香燒肉汁3湯匙, 地扨罐裝菠蘿(糖水) 2湯匙

做法

- 1 牛肉切片用醃料醃10分鐘後, 用中大火炒至7成熟, 盛起備用。
- 2 另起鑊炒香蒜頭, 加入已切件洋蔥及青椒炒至軟身, 加入(1)及調味醬汁略炒。
- 3 最後加入菠蘿及辣椒炒勻上碟, 即可。

Ingredients

Del Monte Sliced Pineapple 3 - 4 pcs, Beef 200g, Garlic 2 cloves, Onion 1/2 pc, Green Pepper 1/2 pc, Chili 2 pcs

Marinade

Kikkoman Soy Sauce 1 tbsp, Sugar 1/2 tsp, Shaoxing Wine 1 tsp

Seasoning

Kikkoman Yakiniku Sauce (Garlic) 3 tbsp, Del Monte Sliced Pineapple (Juice) 2 tbsp

Preparation

- 1 Slice beef, marinade for 10mins. Fry well for 70% - 80% done over medium-high heat. Set aside.
- 2 Then stir-fry garlic, sliced onion and green pepper until soft. Add (1) & seasoning.
- 3 Fry well with pineapple and chili.

牛肉中的肌氨酸含量比任何其它食品高, 有助增長肌肉及增強力量。
Beef rich in amino acid which helps to develop muscle and strengthen power.



粟米菠蘿炒飯

Fried Rice with Corn & Pineapple

材料 地們罐裝菠蘿(細)1罐，地們粟米粒1/3罐，地們提子乾2湯匙，雞柳(切粒)100克，雜菜豆2湯匙，雞蛋1隻，乾蔥蓉1湯匙，咖喱粉1湯匙，黃薑粉1茶匙，白飯2碗，肉鬆1湯匙

調味料 水1湯匙，鹽1/2茶匙，糖、胡椒粉少許

做法

- 1 燒熱油鑊，將雞柳粒炒至熟備用。
- 2 燒熱3湯匙油，炒香乾蔥蓉，加入咖喱粉、黃薑粉炒香，下白飯、倒入已發打的雞蛋同炒及調味炒勻。
- 3 最後加入菠蘿粒、雜菜豆、提子乾炒勻後上碟，鋪上肉鬆即成。

Ingredients

Del Monte Sliced Pineapple (S) 1 can, Del Monte Whole Kernel Corn 1/3 can, Del Monte Raisins 2 tbsp, Chicken (Diced) 100g, Mixed Peas 2 tbsp, Egg 1 pc, Shallot 1 tbsp, Curry Powder 1 tbsp, Turmeric 1 tsp, Rice 2 bowls, Pork Floss 1 tbsp

Seasoning

Water 1 tbsp, Salt tsp, Sugar and Pepper a pinch

Preparation

- 1 Heat the wok, fry diced chicken, reserve.
- 2 Heat up 3 tbsp oil and fry shallot, add curry powder and turmeric, fry with rice. Pour egg and fry well with seasoning.
- 3 Add diced pineapple, mixed peas and raisins, stir well. Sprinkle pork floss on top.



脆香粟米斑塊

Fried Fish Fillet with Crispy Corn

材料 龍利柳/石斑魚柳400克，雞蛋1隻，生粉2湯匙，麵包糠4湯匙，鹽及胡椒少許

醬料 地們忌廉黃粟蓉1盒，地們粟米粒3湯匙，牛奶300毫升，雞蛋1隻

做法

- 1 魚柳洗淨抹乾切件，以鹽及胡椒醃5分鐘，撥勻雞蛋備用。
- 2 將魚柳依序沾上生粉、蛋液及麵包糠。
- 3 中大火燒滾油，放入魚柳炸至金黃盛起。再次燒熱油鍋，翻炸魚柳至脆身，放在烤架及廚房紙瀝乾多餘油份。
- 4 小鍋加入忌廉黃粟蓉、牛奶及粟米粒同煮，最後倒入蛋液拌勻，淋到魚柳上即成。

Ingredients

Sole Fillet/Grouper Fish Fillet 400g, Egg 1 pc, Cornstarch 2 tbsp, Breadcrumbs 4 tbsp, Salt & Pepper a pinch

Seasoning

Del Monte Sweet Corn Cream Style 1 can, Del Monte Whole Kernel Corn 3 tbsp, Milk 300ml, Egg 1 pc

Preparation

- 1 Wash fish fillet and wipe dry. Marinade salt and pepper for 5 mins. Whisk egg, reserve.
- 2 Dust the fish fillet with cornstarch, egg and breadcrumbs.
- 3 Heat up oil over medium-high heat. Deep fry fish fillet until golden, reserve. Heat up oil and pour in fish fillet for second time deep fry. Place it over baking rack and drain with kitchen paper.
- 4 Boil cream corn with milk, add kernel corn and stir with egg. Pour over fish fillet.



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Western Main Course

番茄濃湯滑蛋通粉

Tomato Farfalle Soup with Scrambled Egg

材料 地捫茄膏1罐，地捫紙盒裝粟米粒
1/3盒，地捫什菜(細)1罐，免治牛肉
80克，蝴蝶粉150克，西芹粒半碗，
水2碗，糖2湯匙，雞蛋2-3隻，牛奶
2湯匙，鹽1茶匙

做法

- 1 落油燒熱湯鍋，茄膏煮1分鐘注入水煮滾後，調低至中火加入西芹粒煮15分鐘至濃稠，再加免治牛肉、粟米粒、什菜同煮及以鹽及糖調味。
- 2 另煲滾水，加少許油及鹽，放入蝴蝶粉煮約8分鐘至軟身，瀝乾後放入(1)蕃茄濃湯中，倒進碗內。
- 3 雞蛋輕輕打發，加牛奶及鹽調味，以中火燒熱平底鑊加油，倒入蛋液不斷拌勻成滑蛋，鋪上(2)，即可。

Ingredients

Del Monte Tomato Paste 1 can, Del Monte Tetra Pak Whole Kernel Corn 1/3 box, Del Monte Mixed Vegetables (S) 1 can, Minced Beef 80g, Farfalle 150g, Celery Cubes 1/2 bowl, Water 2 bowls, Sugar 2 tbsp, Eggs 2-3, Milk 2tbsp, Salt 1 tsp

Preparation

- 1 Heat up the pot. Cook tomato paste for 1 min and pour water to boil. Then turn heat to medium. Add celery cubes and cook for 15 min until well flavored. Then add minced beef, corn and mixed vegetables. Seasoning with salt and sugar.
- 2 Boil water, add oil and salt. Add farfalle and cook for 8 mins until soft. Drain well, put into (1) tomato soup. Pour into bowl.
- 3 Beat eggs, add milk and seasoning with salt. Heat the pan with medium and add oil. Pour egg and stir well. Cover (2).

番茄滑蛋通粉，香濃多汁，醒口開胃，適合長者容易咀嚼。番茄含豐富茄紅素，及膳食纖維素，有助長者保持健康。

Tomato riches in lycopene and dietary fibres which helps to keep fit.



芝士焗忌廉咖喱餐肉意粉

Creamy Curry Pasta with Cheese, Luncheon Meat

材料 地捫忌廉咖喱意粉醬 1/2 盒，意大利粉 150 克，午餐肉(細)1 罐，三文治芝士 1 片，巴馬臣芝士 1 湯匙，蕃茜碎 1 茶匙

做法

- 1 將水倒進鍋內煮滾，加少許油及鹽，放入意粉煮約 8 分鐘，瀝乾後加橄欖油拌勻放於焗盆上。
- 2 將午餐肉切粒，燒熱油鑊煎至香脆，倒入忌廉咖喱意粉醬及蕃茜碎煮熟，注入(1)上。
- 3 預熱焗爐，將芝士片及芝士碎鋪在(2)面上，以 200 度焗 10 至 15 分鐘即成。

Ingredients

Del Monte Creamy Curry Pasta Sauce 1/2 box, Pasta 150g, Luncheon Meat (S) 1 can, Sandwich Cheese 1 pc, Parmesan Cheese 1 tbsp, Shredded Parsley 1 tsp

Preparation

- 1 Boil water, drop oil and a pinch of salt. Cook pasta for around 8 mins. Drain well and mix with few drops of olive oil, put on baking tray.
- 2 Dice luncheon meat. Pan-fry until crispy, pour creamy curry pasta sauce and cook with (1), sprinkle with parsley.
- 3 Preheat oven. Cover cheese on (2), bake for 10 - 15 mins at 200°C.



西梅菠蘿焗豬扒飯

Baked Pork Chop Rice with Pitted Prune and Pineapple

材料 豬扒 2 塊，洋蔥 1/4 個，地捫原味番茄片半罐，地捫菠蘿片(細罐)1 罐，地捫西梅乾 3 粒，白飯 2 碗，雞蛋 2 隻，芝士碎

醃料 萬字醬油 1 湯匙，紹酒，生粉 1 茶匙，麻油、鹽、糖少許

調味 地捫茄汁 4 湯匙，糖 1 茶匙，鹽少許

做法

- 1 菠蘿片、番茄、洋蔥切件備用。
- 2 熱油鑊放入白飯炒散，加蛋液炒至飯乾身，盛起放入焗盤內。
- 3 豬扒洗淨抹乾水份後用刀背拍鬆，加入醃料醃 15 分鐘後以中火煎至兩邊金黃切件備用。
- 4 另爆香洋蔥及番茄片，加入茄汁及調味料，最後加入菠蘿片同炒。
- 5 將豬扒鋪在炒飯面，淋上(4)及放上西梅乾，灑上芝士碎，放入已預熱焗爐用以 180 度焗 15 分鐘即可。

Ingredients

Pork Chop 2 pcs, Onion 1/4, Del Monte Stewed Tomatoes - Original 1/2 can, Del Monte Sliced Pineapple (S) 1 can, Del Monte Pitted Prune 3 pcs, Rice 2 bowls, Egg 2, Shredded Cheese

Marinade

Kikkoman Soy Sauce 1 tbsp, Shaoxing wine, Cornstarch 1 tsp, Sesame Oil, Salt & Sugar a pinch

Seasoning

Del Monte Tomato Ketchup 4 tbsp, Sugar 1 tsp, Salt a pinch

Preparation

- 1 Cut sliced pineapple, tomato and onion into small cubes, reserve.
- 2 Heat up the wok, add rice and stir-fry, pour egg and stir until loose. Then put into baking tray.
- 3 Wash pork chop and wipe dry, mesh with knife back, marinate for 15 mins and pan fry over medium heat until golden, set aside.
- 4 Stir-fry onion and sliced tomato. Add ketchup, seasoning and sliced pineapple.
- 5 Place the pork chop over fried rice. Pour (4) and add pitted prune. Sprinkle with shredded cheese. Put into preheated oven at 180°C bake for 15 mins.



番茄肉醬千層麵

Lasagna Bolognese

材料 地捫意粉醬(肉醬味)1罐，地捫原味番茄片1罐，地捫茄膏1湯匙，洋蔥(切碎)1/2個，甘菊(切碎) 1條，蒜蓉1茶匙，免治牛肉200克，乾百里香1湯匙，香葉1片，紅酒 50毫升，千層麵皮8 - 10片，巴馬臣芝士碎5湯匙，Mozzarella芝士碎5湯匙

調味 糖、鹽及胡椒 少許

做法

- 1 炒香蒜蓉、洋蔥及甘菊，加入牛肉及茄膏同炒至半熟，再加入意粉醬同煮。
- 2 轉中火注入紅酒拌勻至酒精蒸發後，加入切粒茄片、香葉、百里香，轉小火煮30分鐘至收汁成肉醬後加調味。
- 3 方型焗盤鋪上一層千層麵皮，放上番茄肉醬，灑上兩種芝士，再鋪千層麵皮，重覆鋪4層，最上層肉醬面上灑上芝士碎。
- 4 放入已預熱焗爐以180度焗15至20分鐘即成。

Ingredients

Del Monte Pasta Sauce - Meat Flavour 1 can, Del Monte Stewed Tomato 1 can, Del Monte Tomato Paste 1 tbsp, Onion (Finely chopped) 1/2 pc, Carrot (Finely chopped) 1 pc, Garlic 1 tbsp, Minced beef 200g, Thyme 1 tbsp, Bay Leaf 1 pc, Red Wine 50ml, Lasagna 8-10 pcs, Grated Parmesan Cheese 5 tbsp, Grated Mozzarella Cheese 5 tbsp

Seasoning

Sugar, Salt and Pepper a pinch

Preparation

- 1 Saute garlic, onion and carrot, cook with beef and tomato paste to medium cooked. Add pasta sauce.
- 2 Pour red wine and stir until alcohol evaporated over medium heat. Add diced tomato, bay leaves and thyme. Cook over low heat for 30 mins until the sauce reduce, add seasoning.
- 3 Put a piece of lasagna over baking tray, spread with bolognese, sprinkle with grated cheese. Place another layer and repeat 4 times.
- 4 Put into preheated oven at 180°C bake for 15 - 20 mins.



忌廉蘑菇三文魚意粉

Creamy Mushroom Spaghetti with Salmon

材料 地捫忌廉蘑菇意粉醬半盒，意大利粉150克，三文魚100克，洋蔥碎1湯匙，啡蘑菇4粒，芝士碎適量

調味 鹽、黑椒少許

做法

- 1 煲滾水加入少許鹽及橄欖油，放入意粉煮約8分鐘，瀝水加入數滴橄欖油備用。
- 2 燒熱煎鍋加油，煎香三文魚，切碎備用。
- 3 另爆香洋蔥及蘑菇碎，倒入忌廉蘑菇意粉醬及調味料同煮，最後加入三文魚及意粉拌勻上碟，灑上芝士碎即成。

Ingredients

Del Monte Creamy Mushroom Pasta Sauce 1/2 can, Spaghetti 150g, Salmon 100g, Onion 1 tbsp, Brown Mushroom 4 pcs, Shredded Cheese some

Seasoning

Salt and Black Pepper a pinch

Preparation

- 1 Bring water to boil. Add salt and olive oil, cook spaghetti for 8 mins. Drain and add few drops of olive oil, reserve.
- 2 Pan-fry salmon, mash and reserve.
- 3 Stir-fry onion and mushroom, cook with creamy mushroom pasta sauce. Add Salmon and stir well with spaghetti. Sprinkle with cheese.



芝士茄汁沙甸魚、青芥辣三文魚焗薯
Baked Potato in Duet Taste - Tomato Sardines & Salmon in Wasabi Mayonnaise

材料 地捫茄汁沙甸魚(細罐)1/2罐，地捫青芥辣蛋黃醬2湯匙，馬鈴薯2個，三文魚50克，蛋1隻，洋葱碎1湯匙，巴馬臣、水牛芝士適量，橄欖油適量，鹽少許

做法

- 1 先將馬鈴薯洗淨用叉在表面均勻刺孔，塗上鹽及橄欖油，放入已預熱的焗爐以180度焗1小時至軟身，放涼後切去頂部及用匙羹刮出部份薯肉備用。
- 2 茄汁沙甸魚以叉子壓碎加入洋葱碎拌勻，鋪在薯仔上，放上芝士碎。
- 3 預熱焗爐將(2)以180度焗5分鐘至芝士溶化，取出即成。
- 4 另將蛋焗熟切粒，三文魚切碎，加入蛋青芥辣蛋黃醬拌勻，鋪在薯仔上即成另一口味。

Ingredients

Del Monte Sardines in Tomato Sauce 1/2 can, Del Monte Wasabi Mayonnaise 2 tbsp, Potato 2 pcs, Salmon 50g, Egg 1 pc, Onion (Diced) 1 tbsp, Parmesan & Mozzarella cheese some, Olive Oil some, Salt some

Preparation

- 1 Scrub potato and prick with a fork. Spread salt and olive oil. Put into preheated oven at 180°C bake for 1 hour until soft. After cool down, cut the top and scoop the flesh.
- 2 Mash tomato sardine by fork and mix with diced onion. Spread it over the potato and sprinkle with cheese.
- 3 Put (2) into preheated oven at 180°C bake for 5 minutes until the cheese melt.
- 4 Dice boiled egg and salmon, mix with wasabi mayonnaise. Place it over potato. Ready to serve.



香煎羊架配西梅紅酒汁
Lamb Rack with Prune and Red Wine Sauce

材料 羊架(4支骨)
調味 萬字蒜香燒肉汁1湯匙，蒜鹽、黑椒少許，迷迭香適量
醬汁 地捫西梅乾5粒，地捫西梅汁100毫升，紅酒125毫升，檸檬汁1茶匙，蜜糖2茶匙，紅蔥頭1粒

做法

- 1 將羊架用調味料醃15分鐘。
- 2 預熱平底鑊後，以中大火煎羊架至兩面金黃。
- 3 另炒香紅蔥頭，加入切碎的西梅乾、西梅汁及紅酒煮滾至酒精揮發，倒入檸檬汁、蜜糖拌勻，淋上羊架面即成。

Ingredients

Lamb Rack (4 pcs)
Seasoning Kikkoman Yakimiku Sauce (Garlic) 1 tbsp, Garlic Salt and Black Pepper a pinch, Rosemary Some
Sauce Del Monte Pitted Prune 5 pcs, Del Monte Prune Juice 100ml, Red wine 125ml, Lemon Juice 1 tsp, Honey 2 tsp, Shallot 1

Preparation

- 1 Marinade lamb rack with seasoning for 15 minutes.
- 2 Pan-fry lamb rack over medium-high heat until golden.
- 3 Saute shallot with diced pitted prune, add prune juice and red wine until the alcohol evaporated. Pour lemon juice and honey, stir well. Then pour over lamb rack. Ready to serve.



威士忌香梨炆牛肋條

Short Braised Beef Short Ribs with Pear & Whisky Sauce

材料 地們美國切邊香梨(中罐)半罐，地們番茄膏1/2罐，牛肋條250克，甘荀1條，西芹半條，洋蔥1/4個，蒜頭1粒，威士忌100毫升，香葉1片，水半碗

醃料 萬字醬油1湯匙，萬字燒烤醬油1湯匙，生粉1/2湯匙

調味 黑椒、鹽少許

做法

- 1 先將牛肋條用醃料醃10分鐘，另將蒜頭、甘荀、西芹、洋蔥切細粒備用。
- 2 預熱油鍋以中火略煎牛肋條，加入(1)什菜粒同炒。
- 3 將香梨及罐內糖水注入(2)，倒入威士忌煮至酒精揮發後加入番茄膏、香葉及水煮滾，轉至細火炆30分鐘。
- 4 最後加入調味料即成。

Ingredients

Del Monte US Pear Halves (M) 1/2 can, Del Monte Tomato Paste 1/2 can, Beef Short Ribs 250g, Carrot 1 pc, Celery 1/2 pc, Onion 1/4 pc, Garlic 1 clove, Whisky 100ml, Bay Leaf 1 pc, Water 1/2 cup

Marinade

Kikkoman Soy Sauce 1 tbsp, Kikkoman Teriyaki Marinade & Sauce 1 tbsp, Cornstarch 1/2 tbsp

Seasoning

Black Pepper and Salt a pinch

Preparation

- 1 Marinade beef ribs for 10 minutes. Cut garlic, carrot, celery and onion into dices.
- 2 Preheat pan and pan-fry beef ribs over medium heat. Stir fry with (1) mixed vegetable. Add pear halves and its syrup into (2). Pour whisky and boil until the alcohol evaporated. Then add tomato paste, bay leaf and water until cooked and turn to low heat for 30 minutes.
- 3 Add seasoning. Ready to serve.



紅莓菠蘿多士粒

Toast Cubes with Cranberry & Pineapple Sauce

材料

醬汁 地們紅莓乾15克，地們提子乾15克，地們菠蘿粒150克，地們紅莓汁200毫升，砂糖3湯匙，檸檬汁1湯匙

多士 厚切白方包4片，雞蛋2隻，牛奶適量

做法

- 1 將紅莓汁、紅莓乾及菠蘿粒放入鍋中以慢火煮熟，加入砂糖及檸檬汁攪拌，煮約15-20分鐘至稠身。
- 2 厚方包切小方塊。雞蛋拂勻，加入牛奶拌勻。
- 3 將厚方包兩小片疊起，放入蛋漿，以中慢火煎至兩面金黃上碟。厚多士面上淋上(1)醬汁即成。

Ingredients

Sauce - Del Monte Cranberries 15g, Del Monte Raisin 15g, Del Monte Pineapple Chunks 150g, Del Monte Cranberry Juice 200ml, Sugar 3 tbsp, Lemon Juice 1 tbsp

Toast - Thick White Bread 4 pcs, Eggs 2 pcs, Milk little

Preparation

- 1 **Sauce** - Heat cranberry juice, cranberries and pineapple chunks over low heat, add sugar and lemon juice, stir and cook for 15-20 mins until thickened, set aside.
- 2 Cut thick white bread into small cubes. Whisk eggs with milk.
- 3 Stack 2 pieces of small white bread, soak with egg mixture and pan-fry until golden with medium low heat. Place on plate and serve with sauce (1).



蘆薈粟米椰汁布甸

Coconut Milk Pudding with Aloe Vera & Corn

材料 地捫蘆薈 1/2 盒，地捫粟米粒 1/3 罐，椰奶 300 克，鮮奶 200 克，糖 35 克，魚膠粉 1 湯匙，布甸杯 (200 毫升) 4 個

做法

- 1 將椰奶、鮮奶及糖以慢火煮滾。
- 2 魚膠粉用水拌勻，加入(1)攪勻，待涼。
- 3 將粟米放入布甸杯底，加入蘆薈及注入(2)，放入雪櫃冷藏 2 - 3 小時。
- 4 最後面層放上粟米及蘆薈即成。

Ingredients

Del Monte Aloe Vera 1/2 box, Del Monte Whole Kernel Corn 1/3 can, Coconut Milk 300g, Milk 200g, Gelatine 1 tbsp, Pudding Cup (200ml) 4 pcs

Preparation

- 1 Boil coconut milk, milk and sugar over low heat.
- 2 Mix gelatine with water, add to (1) and stir well. Allow to cool.
- 3 Place corn at the bottom of pudding cup, add aloe vera and fill up (2). Put into freezer for 2 - 3 hours.
- 4 Garnish corn and aloe vera on top. Ready to serve.



蜜桃吐司磚配雲呢噠雪糕

Brick Toast with Peach and Vanilla Ice Cream

材料 地捫半邊蜜桃 1/3 罐，地捫紅莓乾半湯匙，特厚方包 2 片，牛油 20 克，蜜糖 2 湯匙，雲呢噠雪糕 1 球

做法

- 1 燒熱平底鑊加入牛油以中火煎方包至脆身，加入蜜糖煎至兩面焦黃，鋪上碟上。
- 2 將 2 個半邊蜜桃切大片，鋪上面層中央成圈形，另 2 個半邊蜜桃切粒，並將紅莓乾灑在吐司上。
- 3 最後在頂中央放上雪糕球，啣上蜜糖即成。

Ingredients

Del Monte Peach Halves 1/3 can, Del Monte Cranberry 1/2 tbsp, Thick Sandwich Bread 2 pcs, Butter 20g, Honey 2tbsp, Vanilla Ice cream 1 scoop

Preparation

- 1 Heat the pan, add butter and pan-fry sandwich bread over medium heat until crispy. Add honey and fry until golden at both side, reserve.
- 2 Cut 2 peach halves, place on top of the toast and form a circle. Dice another 2 peach halves into cubes and sprinkle with cranberry over toast.
- 3 Place a scoop of ice cream on top and drizzle with honey.



法式蜜桃撻

French Peach Tart

材料 地們切邊黃桃(中罐)1罐·圓形餅身模8個·消化餅14件·牛油溶液120克·淡忌廉60克·蛋黃2隻·煉奶190克

做法

- 1 把消化餅壓碎，加入牛油溶液攪勻，壓在撻模上製成撻底。放入雪櫃冰格雪硬備用。
- 2 將4個半邊蜜桃用攪拌器打成1杯蜜桃汁備用。
- 3 把蛋黃打起，加入淡忌廉及煉奶攪勻後用篩過濾，最後加入蜜桃汁再攪勻。
- 4 將(3)注入撻底，放入已預熱之焗爐用180度焗15分鐘。
- 5 待涼取出撻模後，放上蜜桃片及車厘子裝飾。

Ingredients

Del Monte Peach Halves (M) 1 can, Round-shape mould 8 pcs, Digestive Biscuit 14 pcs, Melt Butter 120g, Light Cream 60g, Egg Yolk 2 pcs, Condensed Milk 190g

Preparation

- 1 Grate digestive biscuit, add melt butter and stir well. Crush it in the mould to form a tart. Put into freezer, reserve.
- 2 Blend 4 pieces of peach halves into juice, reserve.
- 3 Beat egg yolk, mix with light cream and condensed milk, then filter. Pour in peach juice.
- 4 Pour (3) over the tart. Bake in preheated oven at 180°C for 15 - 20 mins.
- 5 After cool down, remove the mould. Top with peach halves and cherry.



紅莓黑糖軟曲奇

Cranberry Black Sugar Blondies

材料 地們紅莓乾60克·麵粉110克·無鹽牛油110克·黑糖100克·蛋1隻·朱古力粒40克·開心果仁碎2湯匙·焗盤6吋x 6吋

做法

- 1 將牛油放入微波爐煮溶，待涼，加入蛋以打蛋器打發，逐少加入黑糖打至乳狀。
- 2 分三次倒入麵粉，以橡皮杓拌勻，再加入紅莓乾、朱古力粒及果仁碎。
- 3 在焗盤上鋪上牛油紙，倒入(2)，放入已預熱之焗爐以180°C焗20 - 25分鐘即成。

Ingredients

Del Monte Cranberry 60g, Flour 110g, Unsalted Butter 110g, Black Sugar 100g, Egg 1 pc, Chocolate Chips 40g, Grated Nut 2 tbsps, Baking Tray 6 inch x 6 inch

Preparation

- 1 Put butter into microwave until dissolved by heat. Allow to cool. Beat egg, add black sugar gradually and whisk until smooth.
- 2 Pour flour in three times and mix by spatula. Add cranberry, chocolate chips and nut.
- 3 Place baking paper on top of baking tray and Pour (2). Put them into preheated oven at 180°C and bake for 20 - 25 minutes.



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Drinks



Cool Mint 菠蘿冰

Cool Mint Pineapple Ice Drink

材料 地捫菠蘿茸1罐・地捫菠蘿片2片・地捫菠蘿汁半杯・梳打水半杯・薄荷葉6片

做法

- 1 將菠蘿茸半罐及2湯匙罐內糖水用攪拌器打至蓉，放入冰格雪成冰粒。
- 2 壓碎薄荷葉放入杯中，放入菠蘿冰粒及菠蘿片，倒入菠蘿汁及梳打水即成。

Ingredients

Del Monte Crushed Pineapple 1 can, Del Monte Sliced Pineapple 2 pcs, Del Monte Pineapple Juice 1/2 glass, Soda Water 1/2 glass, Mint leaves 6 pcs

Preparation

- 1 Blend half can of crushed pineapple and 2 tbsp of canned syrup until smooth. Pour into ice cube mould and freeze.
- 2 Grate mint leaves and add into a glass. Put pineapple ice cubes and pineapple slices, pour with pineapple juice and soda water, serve cold.



雙莓什果賓治

Double Berry Fruit Punch

材料 地捫熱帶什果(中罐)1/4罐，地捫紅莓汁1/3杯，地捫巴西莓藍莓汁1/3杯，梳打水1/3杯，藍莓數粒

做法

- 1 將熱帶什果隔水放入杯中。
- 2 倒入紅莓汁、巴西莓藍莓汁及梳打水，最後放上藍莓即成。

Ingredients

Del Monte Fiesta Tropical Fruit Cocktail (M) 1/4 can, Del Monte Cranberry Juice 1/3 glass, Del Monte Acai Blueberry Juice 1/3 glass, Soda Water 1/3 glass, Blueberry a little

Preparation

- 1 Drain fruit cocktail and put into a glass.
- 2 Pour cranberry juice, acai blueberry juice, soda water and add blueberry.



三層什莓沙冰

Triple Berries Smoothie

材料 (2人份量)

- 頂層** 地捫紅莓汁150克，地捫蘆薈50克，士多啤梨200克，香蕉1條，希臘乳酪2湯匙
- 中層** 地捫紅莓汁200克，地捫紅莓乾30克，地捫蘆薈30克，士多啤梨200克，蜜糖3湯匙
- 底層** 地捫巴西莓藍莓汁200克，藍莓200克，地捫蘆薈50克，蜜糖2湯匙

做法

- 1 香蕉肉切成3段，把士多啤梨蒂去蒂及切半。
- 2 地捫蘆薈、士多啤梨、藍莓及香蕉預先放入冰格冷藏至結冰。
- 3 將3層材料分別攪拌至稠身，再分層倒入杯中即成。

Ingredients (per 2 servings)

Top layer – Del Monte Cranberry Juice 150g, Del Monte Aloe Vera in Lite Syrup 50g, Strawberry 200g, Banana 1 pc, Greece Yogurt 2 tbsp

Middle layer – Del Monte Cranberry Juice 200g, Del Monte Cranberry 30g, Del Monte Aloe Vera 30g, Strawberry 200g, Honey 3 tbsp

Bottom layer – Del Monte Acai Blueberry Juice 200g, Blueberry 200g, Aloe Vera 50g, Honey 2 tbsp

Preparation

- 1 Cut banana into three sections. Remove strawberry stems and slice into a half.
- 2 Put aloe vera, strawberry, blueberry and banana into freezer in advance until iced.
- 3 Blend bottom layer of the ingredients in a blender until thick and then pour into glass, repeat for middle and top layer. Ready to serve.

每層沙冰攪拌完成後可分別冷藏 10 - 20分鐘，令夾層效果更明顯。
Freeze each layer of the smoothie for 10 - 20 minutes to have clear layer.



蜜桃菠蘿蘋果沙冰

Peach Pineapple Apple Smoothie

材料 (1人份量)

地捫菠蘿片200克·地捫切邊黃桃150克·地捫蘆薈50克·水200克

做法

- 1 將菠蘿片、切邊黃桃、蘆薈預先放入冰格冷藏至結冰。
- 2 將所有材料攪拌至稠身，再倒入杯中即成。

Ingredients (per 1 serving)

Del Monte Sliced Pineapple in Heavy Syrup 200g,
Del Monte S. Africa Peach Halves 150g,
Del Monte Aloe Vera in Life Syrup 50g, Water 200g

Preparation

- 1 Put sliced pineapple, peach halves and aloe vera into freezer in advance until iced.
- 2 Blend all ingredients in a blender until thick and then pour into glass. Ready to serve.

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