



Chicken Balls In Tomato Sauce Recipe

Preparation Time	10
Cooking Time	35
Serving Size	6

Ingredients:

FOR THE CHICKEN BALLS

- 300 g chicken, breast fillet, chopped
- 150 g tokwa, mashed
- 1/2 cup potato, coarsely grated
- 1 pc egg
- 1/4 cup onion, chopped
- 1 tsp salt
- 1/3 tsp pepper

FOR THE SAUCE

- 2 Tbsp oil
- 1/4 cup onion, sliced
- 1 pc chicken bouillon cube
- 1 cup carrot, sliced
- 1 1/2 cups sayote, sliced
- 1/2 tsp salt
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (250g)
- 1 cup water
- 2 stalks green onions, cut into 1-inch strips

Preparation:

1. Combine ingredients for chicken balls with salt and pepper. Mix well. Form every tablespoon of mixture into balls. Fry until golden brown. Set aside.
2. For the sauce, sauté onion. Add bouillon cube, carrot, sayote, and salt. Cook for 5 minutes while stirring.
3. Add DEL MONTE Filipino Style Tomato Sauce and water. Boil then simmer for another 10 minutes. Add meatballs. Allow to simmer. Top with green onions.

Chef's Tip

The potato acts as an extender to the meat and also as a starch that will help bind the chicken balls.

Lusog Notes

This Chicken Balls in Tomato Sauce dish is high in vitamin A that helps protect one from infections and promotes normal growth and development. Vitamin A also helps maintain healthy skin and normal vision.

Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

- Deep Frying

Cooking Tools

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

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