



Classic Spaghetti With Meatballs Recipe

Preparation Time	15
Cooking Time	23
Serving Size	11

Ingredients:

MEATBALLS

- 350 g beef, ground
- 3 pcs egg, beaten
- 1 Tbsp garlic, minced
- 1/2 cup onion, chopped
- 1 1/2 tsp salt
- 1/2 tsp pepper, black
- 2 Tbsp parsley, chopped
- 1/2 cup breadcrumbs

- 2 cups oil, for deep-frying
- 1 pouch DEL MONTE Filipino Style Spaghetti Sauce (1kg)
- 1/2 pack DEL MONTE Spaghetti (900g), cooked
- 1/3 cup cheese, grated

Preparation:

1. Combine ingredients for meatballs. Form every half tablespoon into meatballs and deep fry until golden brown. Set aside.
2. Heat DEL MONTE Filipino Style Spaghetti Sauce. Add meatballs then simmer over low heat for 5 minutes.
3. Pour over cooked DEL MONTE Spaghetti. Top with grated cheese.

Chef's Tip

For juicy meatballs, choose ground beef that has some fat, the fat will keep the meatballs from drying out as it cooks.

Lusog Notes

This pasta dish gives you a source of protein and vitamin A. Protein is needed for the body's growth and development. On the other hand, vitamin A helps strengthen the immune system.

Cooking Skills Needed

- Simmering
- Deep Frying
- Sautéing

Cooking Tools

- Chopping Board

- Measuring Cups
- Spatula
- Grater
- Measuring Spoon
- Pot

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