



## Gabi Meatballs Recipe

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Preparation Time	5
Cooking Time	30
Serving Size	11

### Ingredients:

- 2 Tbsp oil
- 1/2 Tbsp garlic, minced
- 1/4 cup onion, red, chopped
- 100 g pork, ground
- 1 pc tokwa, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1/4 cup green onions, chopped
- 1 Tbsp soy sauce
- 1 tsp pepper, black
  
- 1 kg gabi, boiled and mashed
- 1 tsp salt
- 1/4 tsp pepper, black
- 1 cup oil

### Preparation:

1. Sauté garlic, onion, ground pork, and tokwa. Add DEL MONTE Original Style Tomato Sauce and green onions. Season with soy sauce and pepper. Simmer for 5 minutes or until slightly dry. Set aside.
2. Season gabi with salt and pepper. Mash until fine and sticky. Form every 2 tablespoon of the mashed gabi into balls, then flatten.
3. Fill each piece with 2 teaspoon of the filling and form into balls. Fry in hot oil until golden brown. Serve with DEL MONTE Original Blend Ketchup.

### Chef's Tip

Cook the gabi until tender then drain well. Undercooked gabi will be gritty.

### Lusog Notes

Two servings of this dish gives you calcium for strong bones and teeth and iron which is essential for normal metabolism.

### Cooking Skills Needed

- Boiling
- Simmering
- Sautéing
- Frying

### Cooking Tools

- Measuring Cups

- Spatula
- Chopping Board
- Measuring Spoon
- Pot

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