



## Meatball Hero Sandwich Recipe

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Preparation Time	12
Cooking Time	13
Serving Size	7

### Ingredients:

#### FOR THE MEATBALLS

- 350 g pork, ground
  - 1 Tbsp garlic, minced
  - 2 Tbsp onion, chopped
  - 1 pc egg
  - 1/3 cup breadcrumbs
  - 1 Tbsp parsley, chopped
  - 1 tsp salt
  - 1/4 tsp pepper, black
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- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (250g)
  - - salt, to taste
  - - pepper, to taste
  - 7 pc hotdog bun, slice the bun to make a slit, leaving 1/2 inch uncut to keep the bun together
  - 7 slice cheese

### Preparation:

1. Combine all ingredients for the meatballs. Mix well. Form every 1-1/2 Tbsp of mixture into balls. Deep-fry until golden brown. Slice each meatball in half.
2. Simmer DEL MONTE Sweet Style Spaghetti Sauce for 5 minutes. Add the meatballs, salt, and pepper to taste. Allow to simmer. Set aside.
3. In each hotdog bun half, place 4 halves of meatballs and 2 tablespoon of sauce. Top with cheese and toast for 1 minute or until cheese melts.

### Chef's Tip

For added texture, you may opt to toast the bread with a little butter before topping with the sauce and meatballs.

### Lusog Notes

This dish is a good source of calcium and iron. Calcium is essential for bone health while iron is important for normal metabolism.

### Cooking Skills Needed

- Slicing
- Deep Frying

## Cooking Tools

- Chopping Board
- Mixing Bowl

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