



## Meatballs Spaghetti Recipe

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Preparation Time	10
Cooking Time	28
Serving Size	4

### Ingredients:

#### FOR THE MEATBALLS

- 200 g beef, ground
- 3/4 cup potato, coarsely grated and squeezed
- 1/4 cup onion, chopped
- 1/3 Tbsp garlic, minced
- 1 1/2 tsp soy sauce
- 1/4 tsp salt
- 1/4 tsp pepper
  
- 2 cup oil, for deep frying
- 1 pouch DEL MONTE Filipino Style Spaghetti Sauce (250g)
  
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 1/4 cup cheese, grated

### Preparation:

1. Combine ingredients for meatballs. Season with soy sauce, salt and pepper. Mix thoroughly.
2. Form each tablespoon of mixture into balls. Deep-fry until golden brown. Set aside.
3. Combine meatballs with DEL MONTE Filipino Style Spaghetti Sauce. Cover and simmer over low heat for 5 minutes.
4. Pour over cooked DEL MONTE Spaghetti. Top with grated cheese.

### Chef's Tip

During deep-frying, skim off any loose piece of the meatballs or other particles after cooking each batch to prevent it from burning in the oil.

### Lusog Notes

This Meatballs Spaghetti pasta dish provides protein that is needed for growth and development. It also contains iron which is essential for the normal metabolism of the body.

### Cooking Skills Needed

- Sautéing
- Simmering
- Deep Frying

### Cooking Tools

- Chopping Board
- Measuring Cups

- Pot
- Spatula

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