

bola-bola

WITH SWEET & SOUR SAUCE

Smothered in sweet and sour sauce, these meatballs are sure to be a hit as you introduce your kids to exciting new flavor combinations.

INGREDIENTS

¼ kg ground pork
 ¼ kg ground beef
 4 cloves garlic, minced
 3 Tbsp minced white onions
 2 tsp salt
 ½ tsp ground black pepper
 1 egg
 4 Tbsp all-purpose flour
 2 cups Golden Fiesta Palm Oil

SWEET AND SOUR SAUCE

4 Tbsp UFC Banana Catsup
 ¼ cup vinegar
 ½ cup water
 ¼ cup brown sugar
 3 Tbsp UFC Tomato Sauce
 ¼ tsp salt
 ¼ tsp ground black pepper
 ½ cup sliced carrots
 ½ cup pineapple chunks
 ½ cup sliced green and red bell peppers
 ¼ cup sliced white onions

1 ½ Tbsp water
 2 tsp cornstarch

PROCEDURE

- 1 In a bowl, combine pork, beef, garlic, and white onions. Season with salt and pepper. Add egg and flour, and mix well.
- 2 Take 3 Tbsp of the mixture and form into a ball. Fry in **Golden Fiesta Palm Oil** until cooked.
- 3 In a pot, combine **UFC Banana Catsup**, vinegar, water, sugar, and **UFC Tomato Sauce**. Season with salt and pepper.
- 4 Add carrots, pineapple, bell peppers, and onions, then simmer for 3 to 5 minutes.
- 5 Dissolve cornstarch in water. Add to sauce to thicken.

TAKES 35 MINUTES

MAKES 4 TO 5 SERVINGS



SKILL BOOSTER When you use a combination of beef and pork, you get the tenderness and moist texture of pork along with the full flavor of beef.