



Mega Sardines Bread Roll Surprise

By: Mega Bida sa Kusina Grand Winner Edilyn Liporada

INGREDIENTS:

- 5 pcs. bread rolls
- 2 cans Mega Sardines in Tomato Sauce with Chili 155g, flaked
- 5 pcs. small eggs
- 1 cup grated cheese

PROCEDURES:

1. Using a sharp knife cut the top portion of the bread roll, and set this aside. Press down the inside part of the bread, until it looks like a small bowl. Repeat procedure for the rest of the rolls.
2. Place 2 tbsps. of flaked Mega Sardines inside the bread roll.
3. Place the egg on top of the flaked sardines and top it with grated cheese.
4. Put back the top portion of the bread and wrap the whole bread in aluminum foil. Repeat procedure for the rest of the rolls.
5. Place them into a preheated 200 degrees Celcius oven for 20 minutes or until egg has set.
6. Add some cheese on top. Add salt and pepper if you wish.

Mega Sardines offers the freshest and most delicious sardines, packed within 12 HOURS FROM CATCHING TO CANNING. Available in easy-open-cans and pouch formats for your convenience.



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