



## **Mega Sardines Embutido**

*By: Mega Bida sa Kusina Consolation Winner Juliet Calambro*

### INGREDIENTS:

2 cans Mega Sardines in Tomato Sauce 155g, drained  
1 cup bread crumbs  
4 whole eggs  
1 pc. carrots, minced  
1 pc. red bell pepper, minced  
2 pcs. onion, minced  
4 pcs. garlic cloves, minced  
1/2 cup sweet pickle relish  
1/2 cup grated cheese  
225g raisins  
Salt and pepper  
Aluminum foil, 10" x 12" sizes

### PROCEDURES:

1. Place the drained Mega Sardines in a large bowl.
2. Add the bread crumbs then the eggs and mix well.
3. Add in the carrots, red bell pepper, onion, garlic, sweet pickle relish, and grated cheese. Mix thoroughly.
4. Add the raisins, salt and pepper then mix well.
5. Place the mixture in an aluminum foil and flatten it.
6. Roll the foil to form a cylinder. Once done, lock the edges of the foil.
7. Place in a steamer and cook for 45 minutes. Then let it cool down.
8. Place inside the refrigerator until cold.
9. Slice and serve. Share and Enjoy!

**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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