



BRAISED WHOLE GRAIN SPAGHETTI WITH SLICED CHICKEN

serves 4

INGREDIENTS

Whole grain spaghetti	300g
Chicken breast	150g, thinly sliced
Cabbage	100g, shredded
Carrot	50g, shredded
Spring onions	50g, chopped
Shallots	2 stalks, chopped
Fresh coriander	30g
Sunflower oil	2 teaspoons
Light soya sauce	1 tablespoon
Oyster sauce	1½ tablespoons
Water	100ml

NUTRITION INFORMATION per serving

Energy	360 kcal
Protein	19g
Carbohydrate	60g
Total Fat	5g
Saturated Fat	0.5g
Cholesterol	29mg
Dietary fibre	9.1g
Sodium	370mg
Carbohydrate exchange:	4 exchanges

METHOD OF PREPARATION

1. Blanch spaghetti for 10 seconds and rinse in cold water for 3 minutes.
2. Heat wok and add oil. Quickly sauté shallots and chicken slices.
3. Add spaghetti and stir fry.
4. Quickly add cabbage, carrot, spring onion, water and seasonings.
5. Serve on plate and garnish with fresh coriander.